

BURBERRY: IT'S MORE THAN PLAID {page 17}

metro®

Max 34°
Min 23°

NEW YORK

Wednesday, February 20, 2013



- Social media exposes Orthodox Jews to alternative lifestyles
- Community still frowns upon terminating marriage {page 02}



#DIVORCE AND THE ULTRA-ORTHODOX

► The Orthodox community has seen more couples breaking wedlock. Some say it's due to increased exposure to the outside world via the Web.

music

Andrea Bocelli will melt your cold, cold heart

► Legendary opera singer on the romantic songs of his latest album {page 15}



home

It's called a deposit, not an extra payment

► Don't let your landlord swindle you out of money when you move out {page 29}

METRO/BESS ADLER

PLUS:



KNICKS, NETS PLAN TO SKIP TRADES {page 22}

Community calls social media a homewrecker

- More Orthodox Jews are choosing to end marriages, leave their communities
- Technology may be to blame, making it easier to explore alternative lifestyles
- Today, there's still a heavy cultural stigma associated with getting a divorce

There's been a recent rise in divorce in the Orthodox Jewish community, and counselors say that social networking may be to blame.

Hindie Klein, director of clinical projects for Ohel Children's Home and Family Services, said that seeing what other people have and how they live invites comparisons that can and do contribute to divorce.

Klein said, "Social media can be a good connective force, but also very seductive."

But Baruch Herzfeld, a consultant on Hasidic divorce, says "the technology is the excuse."

"There is unhappiness, and Facebook presents options," Herzfeld explained. "Before, someone would get divorced and leave the community. Now, even if they move, you see them [on Facebook] and they take off their wig and they go to Miami and they are drinking a cocktail, and you ask yourself, 'Why am I with this miserable person? Why should I be in prison? Let me get out.'"

Herzfeld brought up the fact that ultra-Orthodox Jewish women and men marry young and often don't know each other well. Lani Santo — who



► Some say the rising divorce rate in the Orthodox community is thanks to social media.

Traditional Jewish divorces

There are laws that exist in traditional Jewish law that were "constructed for divorces to be able to happen," noted Santo.

However, Reiss explained that Jewish law only allows a woman to request a divorce — her husband must grant it, with a document called a get.

"What happens is that men realize this power that they have over their wives," Reiss said, adding that men will often withhold the get while demanding money, property, custody or freedom from alimony in exchange.

While the woman is without a get, she is an "agunah" or "chained woman," Reiss explained, and she can't remarry.

Women face the possibility of being alone for the rest of their lives, Reiss said.

After Reiss' own divorce, she refused to accept the get from her husband. The get is not valid unless it is either signed by the wife or by 100 rabbis, Reiss said.

She received calls from religious representatives until they decided it was easier to round up 100 rabbis than deal with her.

"There's a belief in that community that if you're not religious, you're unstable and not a fit mother. They really believe the kids are not going to have a good life." REISS

works at Footsteps, an organization that helps people leave the ultra-Orthodox community — agreed that the situation contributes to why a lot of the women choose to di-

vorced and leave the community.

Friday Reiss is one of those women. She is the daughter of a divorced woman, and she also divorced and broke away from the community.

Reiss said she thinks it's getting easier simply because it's becoming more common.

But Santo said it's often still a struggle, and it can be a scary one at that.

"A really challenging thing that happens with people who are leaving and getting divorced is the way the entire community will pool their resources to make sure whoever's leaving doesn't get custody of the children, whether it's a man or a woman," he said.

Reiss knew about that firsthand; she said that when she attempted to divorce her husband, one rabbi threatened to kidnap her kids and another threatened to testify that she was an unfit mother.

It wasn't only rabbis, however — her friends wanted to testify as well.

She doesn't hold it against them. Having grown up in the community, she understands what motivates them.

Danielle Tcholakian
danielle.tcholakian@metro.us

In the news

Man arrested in SI murder

Cops charged a Staten Island man with murder after a homicide on Monday afternoon. According to cops, around 4 p.m., Feb. 18, police responded to an assault on Country Drive North in Staten Island. They said they found Llonza Ganzha, 44, stabbed multiple times. She was declared dead on the scene, cops said. Police arrested Adiljan Anarbaev, 44, and charged him with murder. **METRO/AB**

In the news



NYPD sergeant charged with child porn

An NYPD sergeant was arrested and charged with possession of child pornography, police said.

Alberto Randazzo, 36, was also charged with use of a child in a sexual performance and promoting a sexual performance by a child. Cops say he had porn on his cell phone and personal computer, including video of an adult and a child engaging in a sex act.

METRO/DT

News in brief

Burglar raids Bronx cemetery

Thousands of bronze items have been burgled from a Bronx cemetery.

About \$160,000 worth of bronze from 65 mausoleums, as well as graves, was stolen from St. Raymond's Cemetery, according to the New York Post.

The stolen items were bronze pieces like door han-



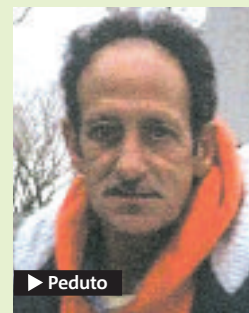
► More than \$150,000 in bronze was stolen from St. Raymond's Cemetery in the Bronx.

dles and nameplates, which can be sold as valuable scrap metal.

On Monday, Feb. 18, a suspect was observed inside the cemetery in possession

of such brass handles and air vents. The suspect fled without the listed items, according to the NYPD.

Police have identified the suspect as Louis Peduto, 56.



► Peduto

He was last seen wearing a dark-colored hooded jacket and a red-hooded sweatshirt.

This is not the first time robbers have struck a local

cemetery.

In 2011, bronze vases were stolen from cemeteries in Long Island.

About 150 were taken from Pinelawn Cemetery, NBC reported, and others were taken from St. Charles Cemetery.

Last summer, officials said that 75 flags had disappeared from Cedar Park Cemetery in Hudson, N.Y., but the culprits turned out to be woodchucks.

Anyone with information about the cemetery thefts is asked to call Crime Stoppers at 1-800-577-TIPS (8477). **METRO/AB**



DIGITAL MEDIA ARTS PROGRAM at Touro College

HANDS-ON TRAINING:

- PRO TOOLS
- REASON
- ABLETON LIVE
- RECORDING
- MIXING
- MIDI & MORE



IT'S NOT TOO LATE
TO REGISTER FOR
SPRING 2013!

START YOUR CAREER IN MUSIC AND AUDIO PRODUCTION!

The Digital Media Arts program at Touro College offers state-of-the-art, hands-on education in Audio Technology. If you are interested in working in the fields of audio engineering, audio production, or the music business, then DMX courses are for you! Upon completion of our two-semester program you will be awarded a certificate in Digital Media Arts and will have earned 30 college credits that can be applied towards an Associate's degree at Touro College.

Many DMX courses are taught in our lab rooms and recording studios. Here you will spend plenty of time gaining hands-on experience using industry standard audio applications such as Avid Pro Tools, Propellerhead Reason and Ableton Live.

NYSCAS

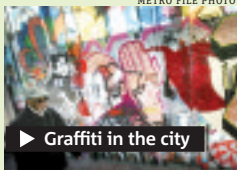
A Division of
TOURO  COLLEGE

877-DMX-7161

www.dmx.touro.edu

In the news

METRO FILE PHOTO



► Graffiti in the city

Council considers graffiti bills

CITY HALL. The City Council Committee on Public Safety discussed making graffiti harder to commit during a special hearing about the crime. Councilmembers considered adding aerosol spray-paint caps and etching pens to the list of banned graffiti tools. They also want buyers to provide identification to buy these tools, not just etching acid. "As vandals have found new ways to destroy property, we have to evolve and find new ways to stop them," Chair Peter Vallone said. They also asked the NYPD to

publish its number of quality-of-life summonses and graffiti arrests four times a year. ● METRO/AB

School bus service returns today

NEW YORK CITY. Public school buses will be back on the roads when students return to school from winter break this morning, Chancellor Dennis Walcott said.

After a monthlong strike that began on Jan. 16, members of Local 1181 of the Amalgamated Transit Union, return to work today. Parents of 150,000 students who were affected by the strike no longer have to worry about how to get their children to school, though Walcott said there might be minor delays.

● METRO/LS

150K

Were affected by the driver strike

'Made in NY' expands to cultivate tech sector

Tech-company employees are joining the ranks of film and television projects courted by New York City.

Mayor Michael Bloomberg announced yesterday that Made in New York, a city program previously highlighting television and film projects, will expand to cultivate tech businesses.

Bloomberg said the "We are Made in NY" program will feature a list of tech jobs and available grants in hopes of convincing tech companies to plant themselves in New York.

"The city offers the ideal location for talented people with ground-breaking ideas to start their companies," Bloomberg said.

Between 2007 and 2011, the number of employees at digital media companies grew by 80 percent, according to the may-



► An ad in the subway for the Made in New York campaign.

Quoted

"The city offers the ideal location for talented people with ground-breaking ideas to start their companies." BLOOMBERG

or's office.

Among the companies based in New York are Etsy, an online shop where people sell their home-made and vintage goods

like jewelry, and Kickstarter, a platform for people to raise money for projects.

"Etsy's headquarters have always been in

900

The city will create a map of tech jobs, pulling from more than 900 local companies, which boast 3,000 available jobs now, Bloomberg said.

Brooklyn, and we are proud to call this city home," Etsy CEO Chad Dickerson said.

The city will create a map of tech jobs, pulling from more than 900 local companies, which boast 3,000 available jobs now, Bloomberg said.

The Made in NY website will also tell tech companies about subsidized office space. The ad campaign will adorn subway stations and buses.



Alison Bowen
alison.bowen@metro.us

4G^{LTE} Phones On Sale



Starting At Only:

\$49*

Our Best 4G Android Phones
ON SALE NOW!

metroPCS
Wireless for All.

*After combined rebates. New activations only. See a sales associate for details.

Mail-in Rebate Offer: Rebate has no cash value. Limited time offer. Purchase a new MetroPCS Samsung Galaxy Admire 4G or LG Motion 4G phone and receive, with proper completion of redemption form, a MetroPCS Visa Prepaid Card. MetroPCS Visa Prepaid Card is issued by MetaBank™, Member FDIC, pursuant to a license from Visa U.S.A. Inc. Rebate offer only available with purchase of new MetroPCS Samsung Galaxy Admire 4G or LG Motion 4G phone. Cannot be combined with other rebate offers. Must be an active MetroPCS subscriber 35 days after activation of phone. Not all phones available on all rate plans. See associate for forms and rebate eligibility requirements. Certain restrictions apply. Mail-in rebate offer not valid in Connecticut and Rhode Island. Sales tax not included and is collected and remitted in accordance with state and local laws. Instant Rebate Offer: Limited time offer. Purchase a new MetroPCS LG Motion 4G phone and receive a \$50 instant rebate at time of purchase. No rain checks. Certain restrictions apply. MetroPCS 4GLTE service available only in a MetroPCS 4GLTE coverage area. MetroPCS 4GLTE and CDMA coverage and services not available everywhere. Nationwide long distance available only to continental U.S. and Puerto Rico. Rates, services and features subject to change. Phone selection and availability may vary by store. Not all features available on all service plans. MetroPCS features and services for personal use only. See store or metropcs.com for details, restrictions and Terms and Conditions of Service (including arbitration provision). Abnormal Usage: Service may be slowed, suspended, terminated, or restricted for misuse, abnormal use, interference with our network or ability to provide quality service to other users, or roaming usage predominance. MetroPCS related brands, product names, company names, trademarks, service marks, and other intellectual property are the exclusive properties of MetroPCS Wireless, Inc. All other brands, product names, company names, trademarks, service marks, and other intellectual property are the properties of their respective owners. Android, Google Play and YouTube are trademarks of Google Inc. Copyright © 2013 MetroPCS Wireless, Inc.

SHOP OUR COMPLETE
CATALOG ONLINE AT

GothicCabinetCraft.com

PRESIDENTS' DAY

SALE
FINAL DAYS!

24
MONTH
INTEREST
FREE
FINANCING
& EASY
LAY-A-WAY
PLAN
SEE WEBSITE FOR DETAILS.

FURNITURE MADE IN NEW YORK WITH PRIDE!

OUR BEDS ARE REAL WOOD & HANDMADE IN NEW YORK WITH SUPERIOR
STORAGE DRAWERS AND WARRANTED FOR LIFE! AVAILABLE IN
PINE, BIRCH & OAK WOOD, UNFINISHED OR IN A CHOICE OF 20 COLORS.



(SHOWN IN PINE WOOD
IN A DARK TEAK FINISH)
STARTING AT \$89
(#TPB-P)



SOLID PINE PLATFORM BED

with No Drawers Twin Size Unf. #TPB-P Reg \$167 **SALE \$89**

OTHER PINE PLATFORM BEDS	REG	SALE	OTHER PINE PLATFORM BEDS	REG	SALE
#TXLPB-P Twin Size Xtra Lng No Drws.	\$223...	\$139	#QPB4-P Queen Size with 4 Drawers	\$489...	\$299
#FPB2-P Full Size with 2 Drawers	\$377...	\$229	#KPB4-P King Size with 4 Drawers	\$601...	\$359



Shown in
Birch Wood with a
White Wash Finish &
Optional Headboard

**SOLID PINE CAPTAINS
BED with 3 Drawers. unf.**
Twin Size #TCB3-P Reg \$237 **SALE \$139**

OTHER PINE CAPTAINS BEDS	Reg	SALE
#SCB-P Single (30 x 75) w/ 3 Drawers	\$237	\$149
#TXLCB-P Twin Size Xtra Lng 3 Drawers	\$307	\$199
#FCB3-P Full Size with 3 Drawers	\$447	\$269
#QCB6-P Queen Size with 6 Drawers	\$559	\$339
#KCB6-P King Size with 6 Drawers	\$559	\$339



Shown in
Birch wood in a
Natural Teak Finish.

SOLID PINE STORAGE BED
with 6 Drawers on Tracks. Unf.
Twin Size #TSB60T-P Reg \$559 **SALE \$339**

OTHER PINE STORAGE BEDS	Reg	SALE
#TXLSB60T-P Twin Xtra Lng with 6 Drws on Tracks	\$559...	\$359
#FSB60T-P Full Size with 6 Drawers on Tracks	\$881...	\$529
#QSB120T-P Queen Size with 12 Drawers on Tracks	\$1049...	\$639
#KSB120T-P King Size with 12 Drawers on Tracks	\$1105...	\$669



BIRCH NIGHTSTAND w/ 2 Drawers on Tracks Unf.
17D x 18W x 24H #GR29-B. Reg \$223... **SALE \$139**
BIRCH CHEST w/ 5 Drawers on Tracks Unf.
17D x 32W x 51H #GR15-B. Reg \$531... **SALE \$339**
BIRCH DRESSER with 6 Drawers on Tracks Unf.
17D x 50W x 32H #GR18-B. Reg \$559... **SALE \$359**
GET ALL 3 PIECES ONLY \$799

STORE
MORE FOR
LESS WITH
OUR
ULTIMATE
REAL
WOOD
CLOSET
SYSTEM



BIRCH WARDROBE with 2 Doors 24D
x 36W x 72H #GR40-B MSRP \$573... **SALE \$349**
BIRCH ARMOIRE w/ 2 Doors & 3 Drawers on Tracks
24D x 36W x 72H #GR39-B MSRP \$713... **SALE \$429**
BIRCH CHIFFONIER w/ 2 Doors & 4 Drawers on Tracks
24D x 36W x 72H #GR42-B Reg \$741... **SALE \$449**
BIRCH STORAGE TOP (OPTIONAL) w/ 2 Doors
24D x 36W x 22H #GR41-B Reg \$279... **SALE \$169**
DEAL FOR ALL 3 PCS. (ARMOIRE, WARDROBE & CHIFFONIER) REG \$2027 \$1149



SOLID PINE BUNK BED
w/ 6 Extra Deep Storage Drawers
Twin over Twin unf. or also avail.
in over 20 colors. #BB1-P Reg \$783 **SALE \$479**
SOLID PINE BUNK BED
w/ 6 Extra Deep Storage Drawers unfinished
Twin over Full #BB2-P Reg \$923 **SALE \$559**

STARTING AT \$479 (#BB1)
STRONGEST BUNK BEDS ON THE MARKET!
*Certified by the "Consumer Product Safety Commission"
Shown in Pine Unfinished Wood.

10% OFF*
ANY ORDER UP TO \$1499

USE IN STORE OR ONLINE WITH COUPON CODE "PRESDAY10MNY"

15% OFF*
ANY ORDER OVER \$1500

USE IN STORE OR ONLINE WITH COUPON CODE "PRESDAY15MNY"

30% OFF*

SELECTED FLOOR MODELS & DISCONTINUED ITEMS

USE IN STORE ONLY. CALL ANY OF OUR STORES AND ASK THEM FOR GREAT DEALS!

Excluding Advertised Items & Custom Work. Expires 02-24-13

DESIGNED JUST FOR YOU! WE MAKE CUSTOM EASY!

CAN'T FIND A SIZE OR Style?

WE'LL BUILD IT FOR YOU!

VISIT ONE OF OUR DESIGN CENTERS FOR A FREE ESTIMATE & CONSULTATION ON CUSTOM WORK



1-877-4-GOTHIC

(877) 446-8442

*Excluding mattresses, advertised sale items, lay-a-way orders, custom orders & made to order finishes. Not valid for prior sales. In store specials and package deals excluded. Lifetime warranty on Gothic built furniture only. All products must be registered online for warranty. Visit us online for details or ask a sales associate for documentation. Installation and set-up fees may apply to some products. Delivery fees are not included in pricing. Photos, accessories and mattresses are not included and are for illustrative purposes only. While supplies last, not responsible for typographical errors. Sale ends 2/24/13.



BIRCH ETAGERE MODULAR BOOKCASES.
Create a Wall Unit, Media Center or Display Case by combining our etageres available in 3 Different Sizes!

COMPLETE 4 PIECE MEDIA WALL UNIT SET UP ONLY \$599

STORE MORE FOR LESS WITH OUR ULTIMATE REAL WOOD MODULAR BOOKCASES Unf. or also avail. in over 20 Colors
BIRCH ETAGERE
with 2 Shelves 16D x 30W x 30H #GR87-B Reg \$223 **SALE \$139**
BIRCH ETAGERE
with 4 Shelves 16D x 30W x 60H #GR88-B Reg \$279 **SALE \$179**
BIRCH ETAGERE
with 5 Shelves 16D x 30W x 72H #GR89-B Reg \$321 **SALE \$199**



SMALL SCALE HOME OFFICE FURNITURE FOR A PERFECT FIT!



Solid Pine Bookcases with Adjustable Shelves. Many Other Sizes Available and In Stock!
BOOKCASE w/ 2 Adj. Shelves.
12D x 33W x 42H Unf. #120-P MSRP \$209 **SALE \$129**
BOOKCASE with 4 Adj. Shelves.
12D x 33W x 60H Unf. #121-P MSRP \$265 **SALE \$159**
BOOKCASE w/ 4 Adj. Shelves & 1 Fixed Shelf.
12D x 33W x 72H Unf. #122-P MSRP \$335 **SALE \$199**
REAL WOOD BIRCH SHAKER STYLE DESK & HUTCH SET w/ 3 Drawers on Tracks, 1 File Drawer on Tracks & 1 Door Unf. 29D x 55W x 79H #TZ33DH MSRP \$1049 **SALE \$649**
Desk Only \$449
SPECIAL FEATURES INCLUDE:
FILE DRAWER • ADJUSTABLE SHELVES
TRACKS ON DRAWERS • MEDIA STORAGE

QUEEN'S FACTORY OUTLET & Clearance Center MASPETH
58-77 57 Street
(Corner Grand Ave.)
(347) 881-1458

ASTORIA
28-49 Steinway Street
(718) 932-0830

JAMAICA FACTORY OUTLET & Clearance Center
148-02 Jamaica Avenue
(718) 297-1109

OZONE PARK
100-02 Rockaway Blvd.
(718) 641-4767

BAYSIDE/FLUSHING
191-22 Northern Blvd.
(718) 321-3757

JACKSON HEIGHTS
82-16 37th Ave.
(718) 426-6622

MANHATTAN
1646 2nd Ave. (Bet. 85 & 86 St.)
(212) 472-7359

104 3rd Ave. (Cor. 13th St.)
(212) 420-9556
2652 Broadway (Bet. 100 & 101 St.) (212) 678-4368

195 Lexington Ave. (32nd St.)
(212) 252-8478

BRONX
2366 University Ave.
(Corner Fordham Rd.)
(718) 365-9333

2157 White Plains Rd.
(near Pelham Pkwy.)
(718) 863-7440

2011 Westchester Ave.
Parkchester (718) 239-4667

BROOKLYN EMPIRE BOULEVARD
160 Empire Blvd.
(718) 703-8722

BORO HALL
31 Smith St. (nr. Fulton)
(718) 625-2333

BAY RIDGE
6929 5th Avenue
(nr. Orvington Ave.)
(718) 745-0715

FLATBUSH
2054 Flatbush Ave. (Off Ave. P)
(718) 253-0026

LONG ISLAND FREEPORT
244 East Merrick Rd.
(516) 223-2590

ISLIP/BAYSHORE
609 E. Main St. (631) 969-2203

CARLE PLACE
245 Old Country Rd
(516) 333-5560

FARMINGDALE
2119 Broad Hollow Road
(Rt 110) (516) 777-7580

WOODMERE
253-01 Rockaway Blvd.
(5 Towns Shopping Ctr.)
(516) 791-7072

WESTCHESTER YONKERS FACTORY OUTLET & Clearance Center
636 S. Broadway
(914) 709-0019

YONKERS
2361A Central Park Ave.
(914) 337-2685

YONKERS
2167 Central Park Ave.
(nr. Toyota) (914) 779-7422

ELMSFORD
15 E. Main St. (914) 345-6161

STATEN ISLAND
1756 Forest Ave. (at Richmond Avenue in Shoprite Shop Ctr.)
(718) 477-6363



SHARE THIS
LIFE



TACORI

DANTELA COLLECTION

PLATINUM & DIAMOND
(0.37CTW) SETTING
\$5,120

SELECT SETTINGS BY TACORI ARE NOW
AVAILABLE FOR PURCHASE ONLINE.



SPECIAL FINANCING
OPTIONS AVAILABLE FOR
UP TO 12 MONTHS WITH
THE MICHAEL C. FINA
CREDIT CARD.

MICHAEL C. FINA®
545 Fifth Avenue ■ New York ■ 800.289.3462
www.michaelcfina.com

News in brief

**Abuse charges
lead to CBS
anchor's arrest**

A WCBS-TV news anchor was arrested for allegedly choking his wife during a fight at their Connecticut home.

Rob Morrison was charged with strangulation, threatening and disorderly conduct, the New York Times reported. He was released on \$100,000 bail.

He and his wife, Ashley Morrison, a CBS MoneyWatch reporter, released a statement saying that the charges are "greatly exaggerated."

A spokesperson said CBS doesn't comment on personal matters.

● METRO/LAURA SHIN



Morrison

Firefighters to honor Sandy Hook victims by building playgrounds

A New Jersey firefighters' union will memorialize the children and teachers of Sandy Hook Elementary School by building 26 playgrounds in the towns that were hit hardest by superstorm Sandy.

Each playground will be named after one of the victims of the Newtown massacre.

The plan calls for 10 playgrounds to be built in New York and New Jersey, while another six playgrounds will be built in Connecticut.

Construction on the first playground will start in Sea Bright, N.J., and will be named after special education teacher Ann Marie Murphy.

"The residents of Sea Bright lost so much from superstorm Sandy that something like a new playground, besides providing



► New Jersey firefighters will build 26 playgrounds to honor the victims of the Sandy Hook Elementary in the areas hardest hit by superstorm Sandy.

\$2.1M

Cost of the project to be spearheaded by the Firefighters' Mutual Benevolent Association of N.J.

a safe place for our children to play, is also a symbol of hope and recovery,"

Mayor Dina Long told the Wall Street Journal.

The project will cost \$2.1 million and be spearheaded by New Jersey's Firefighters' Mutual Benevolent Association. Construction. The first playground will begin on March 1, 2013.

Mary Ann Georgantopoulos

**See Again
Without
Glasses!**



#1 LASIK practice in the NorthEast
#1 CustomVue Intralase practice in the NorthEast

Offering the newest Intralase IFS
Bladeless Technology

Top surgical team of award-winning
LASIK surgeons

One of the Top 10 LASIK practices in Forbes
Magazine National Review

Trusted for LASIK and laser vision correction
by professional athletes and celebrities

New York Eye and Ear Infirmary LASIK
training facility

Six convenient locations in NY, NJ, and CT

DIAMOND VISION
LASIK & LASER EYE SURGERY

800.984.2020
www.diamondvision.com

LASIK starting
at \$999/eye

What is God's Plan for You?

Gary Henry will present 5 lectures exploring what God intends to accomplish by Christ. These lessons will help you know the purpose of the gospel and what it can do in you and for you. If you want to know how the Bible answers the following questions, attend the series!

Free - No Registration

Saturday morning - March 2

- 10 - If the gospel is the answer, what is the question?
- 11 - How do I become a Christian?
- 12 - What does God want me to be?

Sunday morning - March 3

- 10:30 - What if I reject the gospel?
- 11:30 - How do I thank God for His grace?

at the

Upper West Manhattan Church of Christ

Meeting at 891 Amsterdam Ave. @ 103rd
In the NY AYH Hostelling International.
For more information: Call - 212-729-8356
Web - www.NYCBibleTeacher.com



Man charged with swiping Dali painting

UPPER EAST SIDE.

Prosecutors charged a man with grand larceny after they said he lifted a valuable painting from an art gallery. Manhattan District Attorney Cyrus Vance announced yesterday that Italian resident Phivos Istavrioglou, 29, was charged in the theft of a 1949 Salvador Dali piece.

Officials say that in June 2012, Istavrioglou

\$150K

Estimated worth of Dali painting stolen from a Manhattan gallery

was in the Venus Over Manhattan art gallery on the Upper East Side, where he took the artwork off the wall and

put it into a shopping bag. Prosecutors say the drawing, worth \$150,000, was mailed anonymously back to the gallery from Greece, and the NYPD found it in a shipping tube at JFK. An undercover detective posed as a manager for an art gallery set up a meeting with Istavrioglou, prosecutors said. He was arrested by NYPD officers. Police Commissioner

Ray Kelly said detectives matched a fingerprint in the theft to one last year where juice was shoplifted from a Whole Foods. "It was almost surreal how this theft was committed — a thief is accused of putting a valuable Salvador Dali drawing into a shopping bag in the middle of the afternoon, in full view of surveillance cameras," Vance said. ● METRO/AB

Yacht. Wealth



GETTY IMAGES

Big yacht comes to Big Apple

The Eclipse, reported to be the largest private yacht in the world, sailed into New York City yesterday. The boat is estimated to cost \$1.5 billion and is owned by Russian billionaire Roman Abramovich. ● METRO

In the news



FBI agents broke up a counterfeit taxi-parts ring.

Feds bust counterfeit taxi-parts ring

Authorities raided three local warehouses yesterday, seizing counterfeit taxi parts and arresting at least five individuals, the New York Post reported. A dozen FBI agents were stationed outside of a brick warehouse in Queens as authorities seized knock-off car parts inside.

Three arrests were made in Queens, and two in Paterson, N.J.

The arrestees were allegedly producing knock-off car parts and selling them to taxi drivers under

the impression they were receiving name brand goods. ● METRO/DT

Bronx man arrested after assault on father and daughter

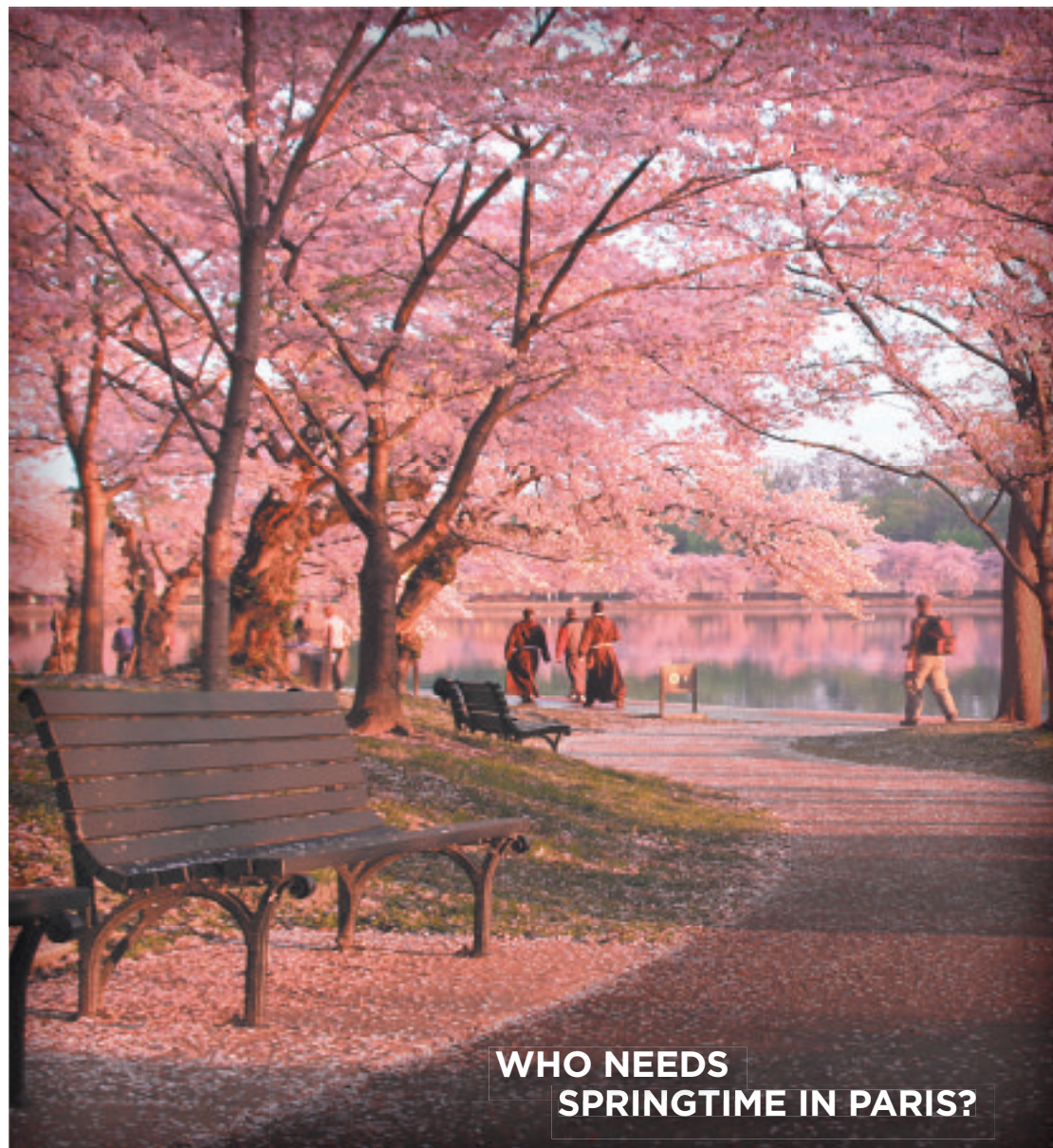
A Bronx man who was caught on video assaulting a father and his 6-year-old daughter at a laundromat has been arrested.

Fernando Gonzalez, 27, entered the laundromat at 4825 White Plains Road on Saturday and assaulted a man and his daughter and sprayed them with Mace.

Gonzalez surrendered to police on Monday night, the New York Post reported.

The video reveals Gonzalez entering the laundromat and throwing punches before spraying the 47-year-old victim and his daughter with Mace.

The victims did not know the attacker, but the Post reports the victim and the suspect's girlfriend had gotten into an argument earlier over a prepaid card needed to use the washers and dryers. ● METRO/LS



WHO NEEDS SPRINGTIME IN PARIS?

Springtime is a great time to visit the nation's capital. Everything from the cherry blossom trees to the nightlife and culture is in full bloom. Plan your visit at washington.org/spring or call 1-877-44BLOOM.



STARTS TODAY!

BUYING 3 DAYS ONLY!

FOR IMMEDIATE CASH

THIS WEEK

TODAY, WEDNESDAY, FEB. 20th THRU FRIDAY, FEB. 22nd!

Starts Today at these 2 convenient locations: The Hilton New York and The Marriott Brooklyn Bridge.

BUYING GOLD, SILVER & DIAMOND JEWELRY, GOLD & SILVER BARS, WATCHES, COINS & STERLING SILVER

Rapid Cash for Gold is the Longest and Most Established Gold Buyer with the Most Referred Business by Our Thousands & Thousands of Satisfied Customers!

FINE JEWELRY

Gold, Silver & Diamond Jewelry!

We will pay up to the following for rare & collectible jewelry:

Silver Jewelry (all types).....	Up To.....	\$800	Art Deco.....	Up To.....	\$13,000
Brooches.....	Up To.....	\$15,750	Cuff Links.....	Up To.....	\$1,750
Pendants.....	Up To.....	\$8,250	Pins.....	Up To.....	\$6,250
Necklaces.....	Up To.....	\$26,250	Diamond Wedding Bands.....	Up To.....	\$8,500
Cocktails Rings.....	Up To.....	\$15,250	Art Nouveau.....	Up To.....	\$12,500
Charm Bracelets.....	Up To.....	\$7,250	Lavallieres.....	Up To.....	\$9,750
Earrings.....	Up To.....	\$10,725	Garnets Jewelry.....	Up To.....	\$1,000
Bracelets.....	Up To.....	\$13,250	Bakelite Rings.....	Up To.....	\$750
Cameos.....	Up To.....	\$750	Floral Design.....	Up To.....	\$10,500
Victorian.....	Up To.....	\$10,500			

All Kinds, Time Periods & Types



Bring in your unwanted jewelry in any condition for a free evaluation and a cash offer today!

We pay more for rare items. Many more items not listed accepted!

DIAMONDS

Instant Cash For:

1/4 Carats.....	Up To.....	\$500
1/2 Carats.....	Up To.....	\$1,750
1 Carats.....	Up To.....	\$5,500
2 Carats.....	Up To.....	\$15,000
3 Carats.....	Up To.....	\$29,000
4 Carats.....	Up To.....	\$45,000
5 Carats.....	Up To.....	\$65,000
6 Carats.....	Up To.....	\$90,000

We Need Larger Diamonds! 2 Carats and Up!

We buy all shapes, sizes & styles of cuts. Also diamonds with or without GIA certificates as well as old miners and European cuts

Bring your items in for a FREE EVALUATION!

COUPON BUSTER!

PRESENT ANY GOLD BUYER'S COUPON OR WRITTEN OFFER, ALONG WITH YOUR JEWELRY, AND WE WILL BEAT ANY BONA FIDE OFFER!

MUST PRESENT THIS AD. VALID ONLY ON THESE SHOW DATES: WEDNESDAY, FEB. 20TH, THURSDAY, FEB. 21ST & FRIDAY, FEB. 22ND

COUPON BUSTER IS A TRADEMARK OF RAPID CASH FOR GOLD ALONG WITH COUPON BREAKER, COUPON BEATER, COUPON KILLER, COUPON KNOCKOUT & COUPON SMASHER.



GOLD

Buying All Types!
Instant Cash For:

Pay up to for the following:



Chains & Necklaces.....	Up To.....	\$6,250
Class Rings.....	Up To.....	\$525
Charm Bracelets.....	Up To.....	\$7,250
Wedding Bands.....	Up To.....	\$1,250
Mountings.....	Up To.....	\$1,000
Antique Items.....	Up To.....	\$6,250
Single Flatware Items.....	Up To.....	\$800
Dental Gold Items.....	Up To.....	\$850
Coins & Bullion.....	Bring for quote	
Scrap Gold.....	Bring for quote	

*We Buy Anything Made of GOLD,
Even Broken or Damaged!*



ALL TYPES OF COINS WANTED



*U.S. Silver Halves 1934 and Older	*U.S. Three Cent Pieces 1889 and Older
*U.S. Silver Quarters 1932 and Older	*U.S. Two Cent 1873 and Older
*U.S. Silver Dimes 1934 and Older	*U.S. Indianhead 1 cent 1909 and Older
*U.S. Half Dimes 1873 and Older	*U.S. Large Cent 1857 and Older
*U.S. Nickels 1913 and Older	*U.S. Half Cent 1857 and Older

Your Coins Could be Worth Up To Hundreds — Even Thousands!

*Check your items to see if you own any of these valuable coins:

U.S. Silver Halves - 1870-CC Liberty Seated.....	Up To.....	\$3,000
U.S. Silver Quarters - 1901-S Barber Quarters.....	Up To.....	\$2,500
U.S. Silver Dimes - 1885-S.....	Up To.....	\$2,500
U.S. Half Dimes - 1802 Heraldic Eagle Reverse.....	Up To.....	\$15,000
U.S. Two Cent - 1864 Small Motto.....	Up To.....	\$1,000
U.S. Large Cent - 1847 Braided Hair.....	Up To.....	\$5,500
U.S. Half Cent - 1793 Liberty Cap Head Left.....	Up To.....	\$5,500



SILVER DOLLARS

Wanted Rare Dollars!



1794 to 1803	1840 to 1873	1878 to 1904
1836 to 1839	Trade Dollars	1921 to 1935

Your Coins Could be Worth Up To Hundreds — Even Thousands!

Check your items to see if you own any of these valuable coins:

1798 15 Stars obverse.....	Up To.....	\$25,000
Gobrecht Reeded Edge Dye Alignment.....	Up To.....	\$5,500
1866 with Motto Above Eagle.....	Up To.....	\$5,500
1873-CC Liberty Seated.....	Up To.....	\$5,500
1889-CC Morgan Silver Dollar.....	Up To.....	\$5,500

**Our Aim is to
Beat Most Offers!**

**We Strive to Beat All
Legitimate Written Offers**

Before Bringing your items to us, take them to other dealers. Have them give you legitimate offers in writing. Then bring your jewelry and written offers to one of our locations. Although no one can guarantee with certainty they are paying the highest price for an article at any particular time, we will strive to beat most legitimate written offers.

**A Note Regarding the
Up To Prices listed in this Ad**

The condition and rarity of an item determines its price. If an item is in excellent condition and very rare it might be worth the up to price, or even more. However, if an item is in poor condition, the value will be lower. For example, a 1927 S Quarter could be worth \$7,000 in new condition or less than \$20 in poor condition. The up to price reflects items of exceptional quality and rarity. Although it is unlikely you will have these items due to their extreme rarity, feel free to bring whatever items you may have and we will evaluate them free of charge.

Customer Satisfaction

Most of our business comes from satisfied customers and referrals which includes their friends and families. Our staff is courteous and professional and we strive as a company to make your selling experience a pleasant one.

SILVER JEWELRY

We Buy in Any Style & Condition!

- Rings
- Necklaces
- Anklets
- Earrings
- Pendants
- Toe Rings
- Chains
- Bracelets
- Engraved

Men & Women's Silver Jewelry Purchased!

Free Admission • No Appointment Necessary
Safe & Secure • Onsite Security

**Rapid
CASH
GOLD**

Licensed • Bonded • Insured

www.rapidcashforgold.com

3 DAYS ONLY! TODAY THRU FRIDAY AT THESE LOCATIONS!

Today, Wednesday, Feb. 20th: 11AM-6PM
Tomorrow, Thursday, Feb. 21st: 11AM-6PM
Friday, Feb. 22nd: 11AM-6PM

THE HILTON NEW YORK

1335 Avenue of the Americas, New York, NY. 10019
(6th Ave. between 53rd & 54th St.) • CONCOURSE H

Today, Wednesday, Feb. 20th: 11AM-6PM
Tomorrow, Thursday, Feb. 21st: 11AM-6PM
Friday, Feb. 22nd: 11AM-6PM

MARRIOTT BROOKLYN BRIDGE

333 Adams St., Brooklyn, NY 11201 (Between Tillary & Willoughby St.)
FULTON FERRY SUITE-3RD FLOOR

STARTS TODAY!

BUYING 3 DAYS ONLY!

FOR IMMEDIATE CASH

THIS WEEK

TODAY, WEDNESDAY, FEB. 20th THRU FRIDAY, FEB. 22nd!

Starts Today at these 2 convenient locations: The Hilton New York and The Marriott Brooklyn Bridge.

STARTS TODAY!

URGENT!
GOLD IS
SOARING TO
RECORD HIGHS!
NOW IS THE
TIME TO SELL!

9 out of
10 times
WE BEAT OUR
COMPETITION!
Come to us and we
will prove it!

BUYING GOLD, SILVER & DIAMOND JEWELRY, GOLD & SILVER BARS, WATCHES, COINS & STERLING SILVER

3 DAYS ONLY!

STARTS TODAY, WEDNESDAY, FEB. 20th THRU FRIDAY, FEB. 22nd
at the Hilton New York Hotel and the Marriott Brooklyn Bridge.

YOUR ITEM LIST

Take a few moments to check ✓ off the items you may have that we need!

✓ JEWELRY:

- ☐ Gold Jewelry
- ☐ Silver Jewelry
- ☐ Diamond Jewelry
- ☐ Wristwatches
- ☐ Pocketwatches
- ☐ Antique Jewelry
- ☐ Cameos
- ☐ Platinum Jewelry

- ☐ Charm Bracelets
- ☐ Gold Rings
- ☐ Garnet Jewelry
- ☐ Enamel Items on Gold & Silver
- ☐ Dental Gold

✓ COINS & PAPER MONEY:

- ☐ Silver Dollars (Pre-1935)
- ☐ Silver Coins (Pre-1964)

- ☐ Silver Bars
- ☐ Gold Bars
- ☐ U.S. Gold Coins
- ☐ Foreign Gold Coins
- ☐ Gold Bullion Coins
- ☐ Proof Sets
- ☐ Mint Sets
- ☐ Paper Money (1860-1934)
- ☐ Coin Collections

- ☐ Carson City Silver Dollars
- ☐ Indianhead Pennies
- ☐ Investment Coins
- ☐ Certified Coins

✓ STERLING SILVER:

- ☐ Silver Jewelry
- ☐ Flatware Sets
- ☐ Single Flatware Items

- ☐ Tea Sets
- ☐ Antique Items (all kinds)

PLEASE NOTE:

We can arrange one of our representatives to visit your home if you have a large jewelry and coin collections.

STERLING SILVER

All Time Periods,
Kinds & Types

We will pay up to for the following:

Silver Jewelry (all types).....	Up To.....	\$800
Centerpieces.....	Up To.....	\$8,250
Claret Jugs.....	Up To.....	\$800
Full Flatware Set.....	Up To.....	\$12,250
Punch Bowls & Sets.....	Up To.....	\$5,250
Single Flatware Items.....	Up To.....	\$800
Tea Sets.....	Up To.....	\$12,250
Trophies.....	Up To.....	\$2,050

We Buy Any Type
of Sterling Silver!We purchase sterling silver of all types and makers.
Rare and unusual items command the highest prices.

WRIST & POCKET WATCHES

All Kinds, Time Periods & Types

Rare Watches Worth a Fortune in Cash! Pay up to for the following:

Ball.....	Up To.....	\$3,000	Longines.....	Up To.....	\$13,000
Breitling.....	Up To.....	\$15,000	Movado.....	Up To.....	\$2,500
Cartier.....	Up To.....	\$12,500	Omega.....	Up To.....	\$2,500
Corum.....	Up To.....	\$3,000	Rolux.....	Up To.....	\$16,000
Ditshiem.....	Up To.....	\$5,000	Seth Thomas.....	Up To.....	\$1,500
Dudley.....	Up To.....	\$10,000	Tiffany & Co.....	Up To.....	\$15,000
E. Howard & Co.....	Up To.....	\$11,750	Ulysses Nardin.....	Up To.....	\$10,000
Elgin.....	Up To.....	\$5,000	Chronograph		
Frodsham.....	Up To.....	\$12,000	Watches.....	Up To.....	\$16,500
Gallet.....	Up To.....	\$1,250			
Hamilton.....	Up To.....	\$1,000			
Illinois.....	Up To.....	\$1,500			
Jules Jurgenson.....	Up To.....	\$16,000			
LeCourtte.....	Up To.....	\$6,000			

PLEASE NOTE:

We also purchase watches that are
NOT in working order.

Breitling
Up To \$15,000Rolex - All Kinds
Up To \$16,000Tiffany & Co.
Up To \$15,000Cartier
Up To \$12,500Longines
Up To \$13,000

WANTED ALL SILVER COINS

1964 or Prior



United States

*\$1.00 1849 to 1889	*\$5.00 1795 to 1833	*\$10.00 1795 to 1804
*\$2.50 1796 to 1834	*\$5.00 1834 to 1838	*\$10.00 1839 to 1932
*\$2.50 1840 to 1929	*\$5.00 1839 to 1908	*\$20.00 1850 to 1933
*\$3.00 1854 to 1889	*\$5.00 1908 to 1929	

Your Coins Could be Worth Up To Hundreds
— Even Thousands of Dollars!

*Check your items to see if you own any of these valuable coins:

\$1.00 1849-C Liberty Head Closed Wreath.....	Up To.....	\$15,000
\$2.50 1804 14 Stars Capped Bust.....	Up To.....	\$16,000
\$3.00 1854-D Princess Head.....	Up To.....	\$10,500
\$4.00 1879 Gold Stella Flowing Hair.....	Up To.....	\$25,000
\$5.00 1909-O Indian Head Half Eagle.....	Up To.....	\$8,500
\$10.00 1859-O, 1863S, 1875.....	Up To.....	\$8,000
\$20.00 1931-D Saint Gaudens		
Double Eagle with Motto.....	Up To.....	\$15,000

Satisfied Customer Testimonials

Really like it here! Everyone is very kind, great atmosphere. I have been back 4 times!
— C. Pace

I have been here 2 times and both times the people that work here were very friendly. I would definitely recommend this to my friends!
— J. Grace

It was really fast!
— A. Davis

I heard about this store from the radio and as soon as I got the chance I came to sell my

unused jewelry. It was a great & friendly service and I will be back!
— J. Simek

Very informative & professional. A relaxed atmosphere & experience.
— D. Rees

My service was exceptional!
— C. Sweeney

I was offered a certain amount at one place and when I told RCFG the amount they beat the price

by a good amount. People are very friendly and courteous.

— J. Bloomquist

The staff was helpful and friendly. I was able to take old jewelry and walk away with a handsome amount of money.

— D. Smith

Had fun selling my old jewelry that was broken. Received some extra cash for Springtime and our new puppy. I would recommend RCFG!

— C. Lang

3 DAYS ONLY! TODAY THRU FRIDAY AT THESE LOCATIONS!

Today, Wednesday, Feb. 20th: 11AM-6PM
Tomorrow, Thursday, Feb. 21st: 11AM-6PM
Friday, Feb. 22nd: 11AM-6PM

MARRIOTT BROOKLYN BRIDGE

333 Adams St., Brooklyn, NY 11201 (Between Tillary & Willoughby St.)
FULTON FERRY SUITE-3RD FLOOR

Today, Wednesday, Feb. 20th: 11AM-6PM
Tomorrow, Thursday, Feb. 21st: 11AM-6PM
Friday, Feb. 22nd: 11AM-6PM

THE HILTON NEW YORK

1335 Avenue of the Americas, New York, NY. 10019
(6th Ave. between 53rd & 54th St.) • CONCOURSE H

Rapid
**CASH
FOR
GOLD**

Licensed • Bonded • Insured

www.rapidcashforgold.com

News in brief

Newtown shooter wanted to top Norway death toll

The man who shot dead 20 children and six adults at a Connecticut elementary school wanted to kill more people than the 77 slain by a Norwegian man in a 2011 rampage, CBS News reported on Monday, citing unnamed law enforcement sources.

A Connecticut state police spokesman dismissed the report as inaccurate speculation.

Adam Lanza, 20, who killed himself as police closed in on him at Sandy

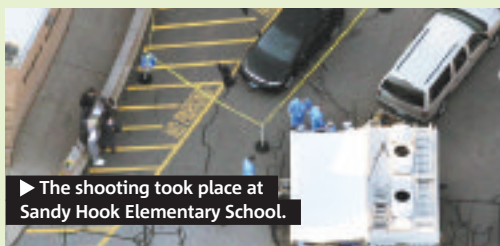
77

People were killed in the bombing and shooting by Anders Behring Breivik

Hook Elementary School in Newtown, Conn., on Dec. 14, saw himself in direct competition with Anders Behring Breivik, CBS said.

Citing two officials briefed on the Newtown investigation, CBS said Lanza targeted the elementary school because he saw it as the "easiest target" with the "largest cluster of people."

The report did not say how the investigators learned of Lanza's desire to compete with Breivik. **REUTERS**



► The shooting took place at Sandy Hook Elementary School.

GETTY IMAGES

Bill Gates: Microsoft messed up its early mobile strategy

GETTY IMAGES



► Microsoft Chief Executive Steve Ballmer, left, stands with Microsoft's former CEO Bill Gates.

Microsoft Corp. Chairman Bill Gates said he was not satisfied with the company's pace of innovation over the last few years and that it had mishandled its early mobile strategy.

"We didn't miss cell phones, but the way that we went about it didn't allow us to get the leadership. It's clearly a mistake," Gates, Microsoft's former CEO, said in a rare interview with CBS.

Gates hedged questions on whether he was happy with Chief Executive Steve Ballmer's performance. He said Ballmer had achieved a lot but that both he and Ballmer were not satisfied.

"[Ballmer] and I are two of the most self-critical people I know," Gates said.

"There are a lot of amazing things that Steve's leadership achieved — Windows 8, the Surface computer, Bing, Xbox. Is it enough? No. He and I are not satisfied that in terms

Soft performers

► Microsoft has faced criticism for its latest Windows 8 versions for different devices, while its Bing search engine has won only a small market share.

of breakthrough things we are doing everything possible."

Ballmer took over as Microsoft's CEO in February 2000. The company's shares have dropped 45 percent since then.

Former Microsoft executive Joachim Kempin said in a book he wrote about his time at the company that Ballmer was not the right leader for the world's largest software company but held his grip on it by systematically forcing out any rising manager who challenged his authority. **REUTERS**

Apple hit by Facebook hackers

Apple Inc. was recently attacked by hackers who infected the Macintosh computers of some employees, the company said yesterday in an unprecedented disclosure that described the widest-known cyber attacks

against Apple-made computers to date.

Unknown hackers infected the computers of some Apple workers when they visited a website for software developers that had been infected with malicious software. The malware had been designed to attack Mac computers. **REUTERS**

STARLIGHT MUSIC SERIES
WEDNESDAYS AT TOP OF THE ROCK
FEBRUARY 6, 20 & 27; 6:00 – 8:00 PM

SPECIAL VALENTINE'S DAY PERFORMANCE
ON THURSDAY, FEBRUARY 14; 6:00 – 9:00 PM

Observation Deck at
Rockefeller Center®
50th Street between
5th and 6th Avenue

For the musical lineup
and to purchase tickets,
visit topoftherocknyc.com
or call (212) 698-2000

TOP
OF THE
ROCK®

GET YOUR DEGREE IN UNDER TWO YEARS

Train for a Great, New Career

Advanced Paralegal Studies
Business Management
Massage Therapy

Medical Assisting
Nurse Aide Training (CNA)

ENROLL TODAY

For program details and disclosures visit mildred-elley.edu/disclosures

(888) 419-5635 | mildred-elley.edu

MILDRED ELLEY
Career training for today's world.
Accredited Member, ACICS

GI Bill Approved
International Students Welcome

NEW Online Courses: transcription and coding careers. Call to learn more! (888) 414-6154

MASSAGE THERAPY

Day, Evening & Weekend
Classes Available

Located in Manhattan's
Financial District

ENROLL NOW
(888) 500-0953
mildred-elley.edu

MILDRED ELLEY
Career training for today's world.
Accredited Member, ACICS

25 Broadway, Floor 16 | New York, NY

NURSE AIDE TRAINING

CNA

- Class one day per week
- Located in Manhattan's
Financial District

CALL TODAY
(866) 387-0049
mildred-elley.edu

MILDRED ELLEY
Career training for today's world.
Accredited Member, ACICS

25 Broadway, Floor 16 | New York, NY

For Albany extension program details and disclosures visit mildred-elley.edu/disclosures

US Catholic group launches petition to prevent archbishop from voting for pope



GETTY IMAGES

Quilts bearing portraits of abused children are displayed one day after the release of personnel files of priests accused of sexual misconduct. Archbishop of Los Angeles Jose Gomez stripped his predecessor, retired Cardinal Roger Mahony, of church duties on Jan. 31.

A U.S. Catholic group has launched an online petition to keep a cardinal linked to a sex abuse scandal from attending the Vatican conclave that will select a new pope.

Catholics United, a non-profit, non-partisan organization, says that former Los Angeles Archbishop Roger Mahony should refrain from attending the papal conclave and recuse himself from voting. The petition, launched last week, had more than 5,000 signatures as of yesterday, representing a tiny fraction of the roughly one in four Americans who are Catholics.

"Please do not bring further scandal to our Church that has already been rocked by the sex abuse crisis by attending

Conclave may start early

Church rules call for the conclave to start between 15 and 20 days after the papacy becomes vacant. The Vatican has said the meeting could start earlier than originally expected, giving the Roman Catholic Church a new leader by mid-March.

the Papal Conclave. You have been disciplined and you have lost your ability to have a voice within our Church," said the petition from the Washington-based group.

Los Angeles Archbishop Jose Gomez stripped Mahony, 76, of his duties

last month over his handling of priest sex abuse cases.

Church files unsealed under court order this month showed Mahony and an aide, Thomas Curry, worked to send priests accused of abuse out of California to shield them from law enforcement scrutiny in the 1980s.

Gomez said last week that Mahony and Curry remained bishops in good standing in the Los Angeles archdiocese. Mahony has apologized for "mistakes" he made as archbishop.

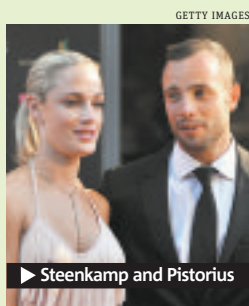
Mahony is attending the Vatican conclave to select a successor to Pope Benedict XVI. Victims-rights groups have criticized Mahony's presence at the conclave. **REUTERS**

In the news

Pistorius tells court he thought girlfriend was an intruder

"Blade Runner" Oscar Pistorius put on his artificial legs and walked across his bedroom before firing four shots through a locked toilet door, killing his cowering girlfriend in cold blood, prosecutors said yesterday.

Reeva Steenkamp, a 30-year-old law graduate and



► Steenkamp and Pistorius

model, died after being hit by three rounds from a 9mm pistol, prosecutor Gerrie Nel said.

Pistorius, 26, wept uncontrollably in court as Nel outlined details of a shooting that has stunned South Africa and the millions around the world who saw the double amputee's track glory as an inspiring tale of triumph over adversity.

Having had previous death threats and break-ins, Pistorius said he slept with a 9mm pistol under his bed in his plush Pretoria home in the heart of a well-secured gated community.

REUTERS

"A triumph!"

—The New York Times

THE MARK OF ZORRO

"Plenty of laughs."

— New York Post

"Comic and highly engaging theatre." —Edinburgh Guide

For everyone 7+

Now thru Feb 24



THE NEW VICTORY® THEATER
NewVictory.org

646.223.3010

Photo: Douglas McBride

2012 ©Zorro Productions, Inc., All Rights Reserved

Art: Tom Slaughter

Shooting spree tied to carjackings

A gunman on a shooting spree in suburban southern California shot and killed three people and wounded two others yesterday before killing himself, police said.

Media reported that some of the gunman's attacks involved carjackings, although the circumstances that led to the spate of violence were not immediately clear. Authorities first received a call on a shooting early in the morning at a home 50 miles southeast of Los Angeles. Officers arrived to find a woman shot to death. The suspect, a man in his 20s, fled and headed to the nearby city of Tustin, where there were additional shootings. **REUTERS**

3

Victims killed in the shooting spree yesterday

24

THE DAY'S NEWS AT A GLANCE

Warplane crash kills 12 in Yemeni capital

A Yemeni air force plane crashed in the capital Sanaa on yesterday, killing at least 12 people, security sources said.

State news agency Saba said three women and two children were among those killed when the plane, on a training flight, came down in a western residential district. Eleven people were wounded, security sources said. Pictures on social media sites showed one body near burning wreckage of the craft. **REUTERS**

Pentagon reviews interview for leaks

The Pentagon is reviewing whether a retired Navy SEAL who claims to have killed al-Qaeda leader Osama Bin Laden disclosed classified details of the May 2011 raid that led to his death, according to a spokesman.

Esquire magazine and the Center For

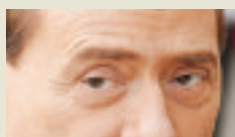


There's more than one side to a story.

Maybe even five sides.

Woman demands Berlusconi apology for staged sex chat

An Italian woman has demanded an apology from former Prime Minister



Berlusconi: the man with a famously one-track mind.

Investigative Reporting published an article this month titled "The Shooter. The Man Who Killed Osama bin Laden ... Is Screwed."

In addition to providing what are said to be details of the raid, the report also outlines health insurance benefit issues the SEAL said he is encountering with the Department of Veterans Affairs since retiring from the Navy after 16 years of service. The SEAL wasn't named. **BLOOMBERG**

No NATO role for Gen. Allen

MANDEL NGAN/AFP/GETTY IMAGES



► Gen. Allen says "nay" to NATO.

General John Allen, who oversaw the NATO war effort in Afghanistan until earlier this month, has decided to retire instead of pursuing his nomination as the next NATO supreme allied commander due to family health issues, President Barack Obama said yesterday.

Allen, whose wife has suffered from chronic health problems, has been under pressure in recent months as the target of a

high-profile Pentagon investigation that in January cleared him of wrongdoing after examining e-mail exchanges with a Florida socialite.

The investigation arose from the sex scandal that forced retired General David Petraeus to resign as CIA director in November.

The White House had publicly said it would move forward with Allen's nomination for the NATO job. **REUTERS**

GET STARTED!! MODELING & ACTING

Now Girls & Boys Starting At Age 7+

**INTERVIEWS HELD ONE DAY ONLY
SATURDAY, FEBRUARY 23TH, 2013**



Barbizon Modeling is looking for girls & boys to train for TV, Commercials, runway and print work. Barbizon graduates have worked with The Gap, Macy's, Toys 'R' Us, Pepsi, the Today Show, Hannah Montana, Jonas Bros. Show, ANTM, Broadway Shows and Films.

BY APPOINTMENT ONLY

Times: 11am, 1pm 3pm and 5pm • Please choose one time most convenient for you

CALL: 212-239-1110

Interviews will be held at
The New Yorker Hotel

8th Ave at 34th Street (Across from Penn Station) • Under 18 must be accompanied by your parent.

BARBIZON MODELING OF MANHATTAN

Lic. by NYS Ed. Dept.



IS GRADUATE SCHOOL IN YOUR FUTURE?

Advance your career with a graduate degree from Pace University.

TODAY

February 20, 12:00pm-1:30pm

Pace University Student Union, 1 Pace Plaza, New York City

Actors Studio Drama School
Environmental Science
Forensic Science
Media and Communications
Mental Health Counseling

Psychology
Public Administration (MPA)
Public Safety and Homeland
Security Professionals
Publishing



Scan the QR Code for more information
RSVP at dysongrad@pace.edu

A light lunch will be provided.



myentertainment

THE WORD



Dorothy Robinson's take on the world of gossip [@dorothyatmetro](#) dorothy.robinson@metro.us

Lifestyles of the rich and pooppy

Ah, to be famous, rich, gifted — and in diapers. Let's look into the lifestyles of the rich and babies, shall we, in today's Word: Baby Edition.

On Tuesday, **Alicia Keys** revealed that **Egypt**, her 2-year-old son with **Swizz Beatz**, made some moves on **Blue Ivy**, 1, who is, of course, the Most Famous Infant in the Universe®.

"Egypt kissed Blue, and I don't think **Jay** liked it very much," Keys told **Wendy Williams** on her eponymous talk show. "He called my husband and he was like, 'Watch your son.'"

I'd laugh if I didn't think there was some



► Alicia Keys and son Egypt said hello to Beyonce and Jay-Z on Sunday during the 2013 NBA All-Star Game in Houston. Egypt hopefully kept his lips to himself.

RONALD MARTINEZ/GETTY IMAGES

truth behind that threat.

And in other important baby news, **Charlize Theron's** adopted son **Jackson** had a glamour-filled first birthday party. "**Sandra Bullock** was one of the first guests to arrive with her son **Louis**," a source to E! News of the fete held Sunday at Theron's Hollywood Hills home. "As they walked into the party, they bumped into **Chelsea Handler**, who had also just arrived in a limousine. They all walked in together and headed for the backyard where children's music was playing and kids were running around."



The feed ...

► Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

@kerrywashington

Had SO much fun @Disneyland tonight :) And uhm, to the lovely guy who asked if I was 'Kerry Washington' I apologize 4 not being honest!

@IamDonCheadle

Sorry tweeple, my phone flipped out and sent a mass invite to Words with Friends. I really don't have the bandwidth. :(

@samantharonson

Just got asked, by a homeless woman, if I had speed—so obviously I'm feeling young, edgy and skinny.

@SteveCarell

Watched "Jurassic Park" with my son this weekend. We are thinking about getting a pet Velociraptor. Maybe a rescue.

Hot. Shot



► Wood with his favorite newspaper

METRO RUSSIA

Elijah Wood reads all about Elijah Wood

On Tuesday in Moscow, "Lord of the Rings" actor Elijah Wood read a story about his visit to Russia in the local edition of Metro, every Hobbit's favorite newspaper.

Morrissey makes the Staples Center do his bidding

Sorry, McDonald's, but **Morrissey** does not want you serving your food during his concert at Los Angeles' Staples Center on March 1.

Promoters for the show announced Monday that the arena's food service will not serve any meat products the night of his show, in deference to the musician's vegan and an-

imal-rights activism. Moz also specifically asked for McDonald's not to open at all.

In a statement about this change of menus, Morrissey said, "I don't look upon it as a victory for me, but a victory for the animals."

Interesting. Will this mean that concert venues will change their food services to please the whims of big names? If so, will **Ozzy Osbourne** be able to find a vendor to serve enough bats to meet demand? Will **Ke\$ha** be able to coerce the venues to serve only Jack Daniels and Easy Cheese?



30% OFF DELIVERY

FROM OUR 23RD ST. LOCATION

Qdoba
MEXICAN GRILL

WE LIVE FOOD.™

We now offer an expanded delivery service out of our 23rd Street restaurant. Get any of your favorites delivered to you any time from 11am - 9pm, seven days a week!

PLACE YOUR ORDER TODAY AT:
WWW.QDOBA.COM/ONLINE-ORDERING

(mention this ad in the 'Special Instructions' to receive 30% off)



Six guys and a pregnant princess

1. Fun fact about **Richard Gere** (seen here at an "Arbitrage" photocall yesterday in Rome): His middle name is Tiffany.

2. Muse's **Matt Bellamy**, **Kate Hudson**'s fiancé and baby daddy, took the stage in London on Monday.

3. Ello, Becks! **David Beckham** returned to his hotel after a training day at the PSG center yesterday in Paris.

4. Have bags, will travel: **James Franco** arrived at Narita International Airport in Japan on Tuesday.

5. "Harry Potter" actors **Oliver** and **James Phelps** (who do not have naturally red hair!) visited the Harry Potter Exhibit at Discovery Times Square on Tuesday in New York City.

6. Can you spot the royal heir in there? A pregnant **Catherine, Duchess of Cambridge**, visited London's



Hope House, a residential treatment center, yesterday.

1: ELISABETTA A. VILLA/GETTY IMAGES
2: ANDREW WILLISHER-WAR CHILD/GETTY IMAGES ENTERTAINMENT
3: MARC PIASECKI/FILMMAGIC
4: JUN SATO/WIREIMAGE
5: JAMIE MCCARTHY/GETTY IMAGES
6: CHUNG SUNG-JUN/GETTY

COME WHERE HOLLYWOOD GOES; THE IVY LEAGUE OF DENTISTS

Get your **SNAP-ON** smile from the inventor

Snap-On Smile is excellent for:

- Missing teeth
- Gaps, crooked or strained teeth
- Those who are not candidates for bridges or implants
- Anyone who would like a Hollywood smile without the expense and discomfort of complex and invasive dental procedures
- Anyone who has an old-fashioned removable partial denture and wants a beautiful, more comfortable alternative

Also EXPERTS in ...

- General Dentistry • Endodontics • Dental Implants
- Periodontics • Invisalign

FREE CONSULTATION
and Preview of your Hollywood Smile (valued at \$250)

Flex Spending Accepted • Most Insurances Accepted

In the heart of Lincoln Center • 1995 Broadway, suite 200

212 95 smile • www.manhattandentalarts.com
(76453)

UNITEDHEALTH GROUP®



Trey G.
Mentor and Coach
Sr. Business Analyst

Treyce G.
Mentor and Coach
Product Specialist

Shift to a gear you didn't know you had. Run your own business with a support staff of 99,000.

Sales and Account Management careers at UnitedHealth Group.

Why work for the leading organization in health care to help improve the lives of millions? Entrepreneurial opportunity. Independence. The amazing velocity of our industry. The door-opening power of UnitedHealth Group, with more locations across more businesses with more levels of responsibility than any organization in the industry. You run your own accounts with total accountability from RFP to implementation to management. You're fully supported by the best teams in the business. And you reap the rewards with merit-based incentives. Join us to do **your life's best work.**SM



Medicare Sales Representatives

Join Us For Our Job Fair

Thursday, February 21st
Join us at one of our two sessions at 10am or 2pm
UnitedHealth Group office
77 Water Street, New York, NY 10005

Requirements:

- A license to sell insurance in the state of New York
- Experience selling Medicare Advantage or Dual-Eligible products

Bring your passion and do **your life's best work.**SM

Online at: <http://www.yourlifesbestwork.com/MedicareSalesNY>
Or scan this QR code with your smartphone...



facebook.com/uhgcareers http://linkd.in/UGHSalecareers
twitter.com/UGHSalecareers youtube.com/uhgcareers

Diversity creates a healthier atmosphere: equal opportunity employer M/F/D/V. UnitedHealth Group is a drug-free workplace. Candidates are required to pass a drug test before beginning employment. © 2013 UnitedHealth Group. All rights reserved.

Bocelli sets the mood for 'Passione'

GIOVANNI DE SANDRE



► **Legendary opera singer on romantic music and reconnecting with the songs he used to play in piano bars as a young man**

With his latest album, "Passione," Andrea Bocelli has put together a collection of love songs from the Mediterranean, most of which he sang in piano bars during his formative (read: not yet famous) years in Italy.

The songs on this album seem easier to sing.

It's easy for me, but the difficulty is in the expression that you have to put in these kinds of songs, because the original interpreters of these songs are the best singers of the world. So I have to be very careful to put all my heart into the interpretations.

Tell me about when you used to play these songs in piano bars.

I began to sing pop music when I was 18 years old, more or less. ... Before, I

Q&A

Tell me about this album's duets with Nelly Furtado and Jennifer Lopez.

Those were mostly ideas that David Foster suggested. And for me, they were both beautiful surprises. ... They really are very expressive when they sing.

Not just because of those guest stars, but there

seems to be a real Latin flair on this album.

The Latin world is rich of great masterpieces. And after the great success that my previous album, "Amore," had in the Latin world that was basically a collection of Latin songs, we thought it would be right to try to connect with that vibe.

sang and listened to only opera, because my passion is for that. But when I began to play in the piano bars, I discovered wonderful pages of music — of pop music. In a few months, I learned many songs, and I began to learn the most important and famous songs of the world like "Strangers in the Night," [and] a Latin repertoire [with songs] like "Corcovado" or "Garota de

Ipanema," all the songs that I put now in these albums, because every song on this album is a beautiful memory of my youth. ... It was like plunging back into the past. It was very romantic.

Speaking of romance, what do you play when you're in the mood? Is it ever your own music?

Most often, I listen to opera music.

You do a duet of sorts with

Edith Piaf. She died when you were about 8 years old. Tell me about your connection with her.

When I was a boy, I didn't know anything about Edith Piaf. ... But I did hear her voice, and ... it hit me deeply from the very first time that I heard it. ... And then of course, years later I actually learned more about her life ... and I realized that since she had some varied and very deep experiences in her life, this definitely must have helped her in becoming so expressive with her music.

Do you use experiences to be more expressive?

Absolutely, yes. ... Each one of us sings what we are. And therefore we express through our voice what cannot be expressed through words alone.



Pat Healy

pat.healy@metro.us

DENTAL IMPLANTS



\$395*
per Implant

(Nobel Biocare ONLY \$100 add'l)

*Implant, abutment & crown must be completed at our office to qualify for promotional fees

+ post
\$595
+ Crown
\$795
Total
\$1,785

**Speak with your
Smile Today!**

Expires
3/31/2013

Contemporary Dental Implant Centre



CONTEMPORARY
DENTAL IMPLANT CENTRE

**8 Convenient
Locations**

41st & Madison Avenue
Brooklyn • Valley Stream
Smithtown (Suffolk County)
Massapequa Park • Scarsdale
Rego Park • Wall Street

CT Scan-3D Views of the Jaw now available at our Madison Ave. location.

FREE CONSULTATION

Over 2,000 implants placed each year.

NEW PATIENTS ONLY

Must bring in ad at
the time of consultation.

CALL

212-269-9500 TODAY!

Se Habla Español

www.395DentalImplant.com

OPEN 7 DAYS A WEEK

"Everybody's
got the fever..."

THE MANY VOICES OF PEGGY LEE

Five hot shows:
Feb 23-25

92Y.org/Lyrics • 212.415.5500

92Y Lyrics &
LYRICISTS

The American Songbook Lives Here.

92nd Street Y | 1395 Lexington Avenue | An agency of UJA-Federation

In space, no one can hear you game

AWARDED **ELITE PROVIDER OF INVISALIGN** SINCE 2005



INVISALIGN EXPRESS
for \$2500!

offer expires
2.23.13

Why Settle For Anything But The Best?

FREE whitening at completion of Invisalign Treatment!



#1 NYC Cosmetic Dental Center
200 Madison Ave, Suite 2201
Call Today! 212-683-2530

0% financing

most major insurances accepted

Sidescroller

LAWRENCE BONK

LAWRENCE.BONK@METRO.US

Space: the final frontier. Unless your name is Richard Branson, you probably won't be traveling there anytime soon. Indulge your galactic wanderlust, then, with video games. Here are reviews of two recently released titles set in the void of space.

'Dead Space 3'
Consoles: 360/PS3
Company: EA
Grade: **00000**

The Dead Space series successively manages to marry the survival horror thrills of "Resident Evil" with a hard sci-fi setting. It's been just two years since the second installment and the cracks are



► The beasts descend upon players in "Aliens: Colonial Marines." It's not as exciting as it looks.

showing. There is still plenty of fun to be had frantically blowing the limbs off of aliens and upgrading your weapons, however. The real hook here is that the entire game can be played cooperatively. This takes what otherwise would feel like a paint-by-numbers sequel and gives it an exciting, fresh coat of paint. Who knew absolute terror was best shared?

'Aliens: Colonial Marines'

Consoles: 360/PS3
Company: Sega
Grade: **00000**

For such a popular film series, there really haven't been that many "Aliens" games. Well, if this title is any indication, we can be glad for that. A first-person shooter that works as an official sequel to James Cameron's classic film?

Sounds amazing on paper. Unfortunately, real life is not paper.

The problem here is boredom. The locations will push your nostalgia button, but the game play just doesn't cut it. Walk down a corridor. Kill wave after wave of witless Xenomorphs. Repeat. That's all there is to it.

Metro does not endorse the opinions of the author.

February is the month of **love**; pamper that someone special or your self at **Spa Jolie**



Pampering Treatments:

Choose **one or more** for \$50 each

- Deep pore facial including extractions
- Professional teeth whitening
- 45 minute body massage
- Full body scrub
- Microdermabrasion, to reduce pigmentation

\$20 Love Specials

- Spa Manicure and Pedicure
- Brazilian, back, butt or chest wax
- UV shellac manicure

Slimming Spa Specials

- Cavi-lipo fat blasting: Blast those fat cells permanently and painlessly **\$65** per
- Zeronia: Slim down, inch loss system, lose 3-9 inches permanently and painlessly, 6 sessions **\$299**
- Slimming body wrap including a mini facial **\$50**

Laser Hair Removal:

Choose from any area, 6 sessions for **\$399**

- Legs, Brazilian, bikini, arms, back, chest, full face, or buttocks.

Fractional: Reduce stretch marks, fine lines, large pores, acne scars **\$99** each

Eye discoloration reduction: Gentlewave **\$25**

Thermage: eliminates fine lines, tightens and helps melt fat, one time treatment, no down time. Choose from upper arm, face, knees, stomach, turkey neck **\$899** per

Thermage for eyes: reduce crows feet, eye bags, or eye lift **\$399** per area. No downtime, one time treatment.

Free consultation: Will beat most competitors coupons by 10% • Exp 2-28-13

180 7th Ave South btwn W11th & Perry, West Village 212-229-1389

New in 2013!
New Massage
Pedicure Stations!

metro

METRO NEW YORK IS LOOKING TO HIRE

THE BEST IN ADVERTISING SALES

The fastest growing newspaper in New York and the #1 free daily in the United States is growing like crazy and we need the best to join our team.

Looking for sales representatives with media and online sales experience.

Source: Scarborough R2 2012

CONTACT MEDIASALES@METRO.US

\$1 ZOOM! Laser Teeth Whitening

(w/Check-up and Cleaning*)

*covered by your PPO Dental Plan



Up to 12 Shades Whiter in just 1 hour

Call (212) 537-6923 - Open Weekends and Evenings

30 East 40th St. #105 • 1 block from Grand Central Station
Ph (212) 537-6923 • www.Zoomfor1.com (exp 2/28/2013)

Stop Suffering From Leg Pain!

Stop Suffering from
Varicose Veins and Spider Veins with
one simple in-office procedure!



BEFORE

AFTER

Now covered by
most insurance plans - 100%
Call now to schedule a
consultation.

nuvision
SURGICAL & MEDSPA

Dr. John Anastasi

20 East 46th Street, Suite 501, New York, NY
212-889-1171 • mynuvision.com

Review. Burberry Prorsum



ALL PHOTOS GETTY IMAGES

Feb. 18, 4 p.m.: Christopher Bailey showed a print for everyone in his dense collection: stripes, cow blotches, hearts, leopard spots, you name it. But if those hearts look familiar, it's because they surfaced in the house's menswear collection last month. Consider them to fall 2013 what that cute owl was for fall 2012.

London FW diary

MONDAY, FEB. 18

Noon

"I bet you he's going to decamp to Paris," a fashion writer says as we cram into a crowded elevator of top editors on our way to **Christopher Kane's** buzzing show. He's been a London Fashion Week highlight for three years now. But public interest in him is now on high, ever since PPR (the power conglomerate behind Alexander McQueen and Stella McCartney) announced that it would be buying a 51 percent stake in his brand in January. His collection featured a whopping 60 looks and was really like



Christopher Kane

three (or four or five?) shows in one, and they all impressively lived up to our outsized expectations. From the beautifully understated opener (a tailored navy coat fastened with one simple, leather strap) to the showstopping closer (a futuristic color-blocked dress done in metallic tinsel), not to mention all of the vignettes in between (camouflage kilts! chunky fox furs! satin wide-leg trousers! peekaboo cocktail stunnings! three-dimensional florals!), there was much to covet about this collection, which I'm guessing will be a career game-changer.

— *Metro's style director Kenya Hunt is reporting from London Fashion Week. Read her daily dispatches for the latest on what's coming down the runway and follow her on Twitter: @KENYAMETROSTYLE*

TV watch list

'The Americans'

DRAMA. This buzzy new show starring Keri Russell is four episodes in and already proving to be a bona fide success. Tonight's episode of the 1980s Cold War drama features the attempted assassination of President Ronald Reagan, which prompts the FBI to determine whether the KGB is involved. **10 p.m., FX**

'American Idol'

REALITY. Ten male semifinalists take the stage tonight in Las Vegas. By the time this two-hour episode wraps, half of them will be axed and yet we'll still feel miles away from the season's finish line. **8 p.m., FOX**
● **MATTHEW JACOBS**

Do you suffer from varicose veins?

- Varicose Veins & Ulcers
- Swollen Legs & Pain
- Spider Veins
- Skin Discoloration

ClariVein • VeinGogh • EVLT Laser • VNUS • Asclera

Most health insurances accepted

Anesthesia available for your comfort



212-204-6501

1-888-356-VEIN (8346)

www.treatmentsofmanhattan.com

e-mail: drlev@treatmentsofmanhattan.com

111 John St. • Ste. 1450 • New York, NY 10038
(Between Cliff and Pearl Streets)



**ADVANCED
VARICOSE VEIN**
TREATMENTS OF MANHATTAN

CERTIFIED BY THE
AMERICAN BOARD OF PHLEBOLOGY

SNORERS have more attractive options.



Snorers, breathe a sigh of relief... at Eos Sleep, we offer several solutions to correct snoring and sleep apnea.

Eos Sleep, is a medical practice exclusively dedicated to improving the lives of people whose sleep is disrupted by snoring or sleep apnea, sometimes both. We specialize in comprehensive treatments to help patients achieve maximum results.

We recognize that the CPAP mask isn't for everyone. Our wide range of options means you'll find the treatment, or combination of treatments that's right for you. It may be as simple as a 20-minute in office treatment.

eOs sleep®

For the treatment of snoring and sleep apnea

**Convenient Offices in
New York City and Long Island**

888-485-0466

eOsSleep.com

mywellbeing

Heart health

All about triglycerides

For ages, watching out for your heart meant monitoring cholesterol levels. Just when we get our heads around what cholesterol is and which type is good (HDL) and which is bad (LDL), there's a new heart health buzzword: triglycerides. Triglycerides, like cholesterol, are water-soluble blood lipids. Simply: They're a fat. But according to NYU cardiologist Dr. Herbert A. Insel, a member of the preventative health care in-

stitute EHE International's medical advisory board, they aren't everything.

"We do look at triglyceride levels, but when it comes to heart disease, cholesterol levels are the best indicator," he says. "LDL cholesterol is the major culprit. This is when plaque ruptures occur and cardiac arrest ensues."

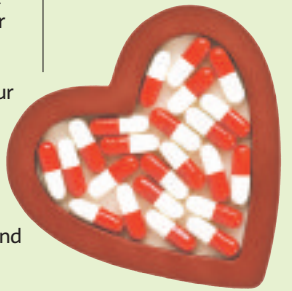
Like cholesterol, triglycerides have an important function: They're used for energy. But too many triglycerides become the substance that sits on your hips.

The direct relationship between triglycerides and cardiovascular problems is unclear, but a healthy diet and weight management are

proven factors in preventing heart disease.

"High triglyceride levels may affect high levels of bad cholesterol," says Dr. Insel. "The Mediterranean diet has been proven to be good for your heart. We don't recommend a low-fat diet anymore, but we recommend healthy fats and no trans fats."

● LINDA CLARKE



CREATAS

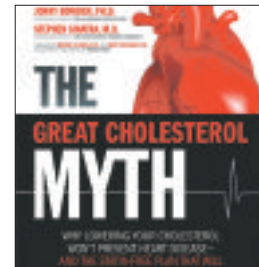
Is sugar the culprit for heart disease?

▶ You know to watch your cholesterol, but you may not know that sugar plays a role

February is famous for hearts. But thanks to the American Heart Association, that goes beyond Valentine's Day. It's also American Heart Month — a time to raise awareness for heart disease prevention. The most well-known route to a heart-healthy lifestyle is pursuing a low-fat, trans fat-free diet to lower cholesterol.

But Jonny Bowden, Ph.D., CNS, says the medical community has it wrong. Bowden wrote "The Great Cholesterol Myth" with leading cardiologist Stephen Sinatra, M.D., FACC, founder of integrative cardiology website www.heartmdinstitute.com, saying that dietary fat is not the cause of heart disease.

"I have an analogy I like to use," says Bowden. "When VCRs were introduced, there were two tape formats, VHS and Betamax. VHS won not because it was better, but the manufacturers talked a better story. Betamax has



proven to be superior. It's the same thing with heart disease. There were two competing theories: One said a low-fat diet was the answer, while another said sugar caused heart disease. The fat theory won. The wrong team prevailed."

Going against government guidelines and even

the American Heart Association, Bowden explains that sugar causes inflammation, which damages artery walls and leads to plaque ruptures and cardiac arrest.

"We are not the first to say it," he says. "John Yudkin [the British doctor who led that 'losing team'] and wrote 'Pure, White and Deadly' had all the data in the 1970s. ... It's comforting — it's like 'The Emperor's New Clothes.' Everyone is saying 'Oh, what nice clothes.' And we're standing there yelling: 'But he's naked!'"

Linda Clarke
letters@metro.us

Don't use this as a free-for-all

The sugar theory blows apart decades of cholesterol testing and treatments to lower cholesterol, but it doesn't mean you can gorge on high-fat foods, which are high in calories.

"You want to achieve the middle ground," Bowden emphasizes, "neither high or low cholesterol. Avoid trans fats. Cook with lard, not Crisco. Use delicious butter and eat grass-fed beef. The factory-farmed meat is completely different to real, healthy meat."

Low Back Pain?

Do you experience:

Back pain when you bend down?
Back pain upon standing, sitting, or walking too long?
Back muscle strain?

If you have been suffering from lower back pain for over 6 months and are 18-75 years of age, you may be eligible to participate in our study of an investigational medication for Lower Back Pain. Qualified participants will receive study-related medical evaluations with our Board Certified Physician, investigational medication, and study visits, at no cost. Please call for more information.

(212) 595-5012

The Medical Research Network, L.L.C.

134 E. 93rd St., New York, NY 10128 • www.MedicalResearchNetwork.com



CP08-1

NEVER SHAVE AGAIN LASER HAIR REMOVAL SPECIALS!

- Lip, Chin, Or Underarms \$50
- Upper Arms or Lower Leg \$99
- Brazilian Or Bikini \$99
- Full Face w/ Neck \$150
- Full Leg Or Full Arms \$150
- Back Or Chest \$149
- Full Body \$499



TREATMENTS 2 FOR
\$99 (reg \$285)

- Deep Pore Cleansing Facial
- Microdermabrasion
- 1-Hour Aromatherapy Massage
- Slimming & Detoxifying Body Wrap
- LPG Cellulite Reduction



Nina's
Day Spa & Laser Center
IN BUSINESS OVER 25 YEARS

5 West 35th St
www.ninasskincare.com
212-594-9610

NEW CUSTOMERS ONLY

DENTAL CENTER IN THE

CHRYSLER BUILDING
42ND AND LEXINGTON

Invisalign providers since 2005
with Elite status



Call us to schedule a complimentary consultation and find out how Invisalign can work for you.

Full treatments of any length are only

\$3999

www.kakosiandental.com

888-711-0267

Second location:

204 East 35th St., Bet 2nd & 3rd



STOP SUFFERING WITHOUT SURGERY

Sedation Available,
Totally Painless Procedures



Board Certified Pain Management
Physicians at HudsonSpine.com
can help X-Ray and Ultrasound guided
same day non-surgical procedures
to relieve pain.



Neck Pain? • Back Pain?
Sciatica? • Herniated Discs?
Knee Arthritis? • Tired of medications?
Physical Therapy & Chiropractors not helping?
Afraid of Surgery?

All Insurances Accepted

Stop Suffering Today!
Please call 646-596-7386

Same Day
Appointments Available

Email: Info@HudsonSpine.com
350 Broadway Suite 200 at Franklin

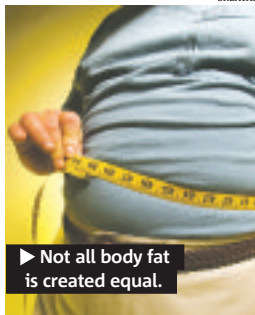
close to Chambers St 1 2 3 Canal St 6 J Z N Q R

How your stomach can predict your risk of heart disease

► Got a bit of a belly? ► That could mean heart trouble ► And skinnies don't get off scot-free

Most of us don't want belly fat for vanity reasons, but there's a greater concern about that muffin-top or potbelly: Belly fat could be an indicator of future or existing heart disease.

"Over the past 10 years there have been many studies that link how body fat is distributed to cardiovascular disease," says Dr. Kathryn Britton, a cardiologist at Boston's Brigham and Women's Hospital's Division of Cardiology. "But we don't know the biology and mechanism. There are a lot of studies looking into whether there's some cause as to



► Not all body fat is created equal.

why some people deposit fat in their middle and whether it's directly linked to heart disease, or whether it's a marker of other things associated with heart disease, such as

high cholesterol."

Though being overweight can add to heart problems, weight is not as directly linked to heart disease as belly fat.

"Two people who weigh the same might not have the fat distributed in the same places. How fat's distributed is important," insists Dr. Britton. "Certain people are more likely to deposit fat in the abdomen. We don't know why yet. But we do know that decreasing weight will decrease belly fat."

One school of thought as to why has to do with genetics.

No-go for lipo

Sorry: Liposuction does not work on the kind of fat that is linked to cardiovascular problems:

"It isn't the fat that's closest to the skin that's the problem," Dr. Britton says. "The really dangerous fat is deeper, surrounding organs, and you can't liposuction [it]."

"There probably is some genetic component," Dr. Britton says. Still, she advises people to avoid shrugging belly fat off as hereditary and out of their control.

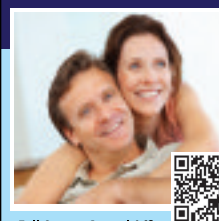
"Most medical conditions have genetic and environmental factors and it's usually environmental that's a richer contributor," she says. "There are so many ways to decrease your risk of heart disease. Adopt a heart-healthy lifestyle by eating healthy food and exercising."



Linda Clarke
letters@metro.us

QUALITY DENTURES AND DENTAL IMPLANTS

THE SAME DAY



Spring Ahead SPECIAL Exp: 3/15/13

OVERDENTURES with implants

\$3,600* per lower
\$4,500* per upper

Customary fee \$7,600+ per arch
*Additional charges may occur for more complex cases. Ad must be presented for discount.

- Full Service Dental Office
- Repairs & Relines While-U-Wait
- Dental Implants • Crowns & Bridges
- Cosmetic Dentistry
- Senior Citizen Discounts

www.heraldsquaredental.com



Smile with Confidence!

CALL NOW
212.689.0024

Leaders in Implant Dentistry! - Est. 1977

Free Consultation • Most Insurance Welcome

224 W 35th St. New York, NY 10018, Btwn 7th & 8th Avenues

SAME DAY TAX RETURNS!

GET YOUR \$\$\$\$ FASTER!!

WALK IN WITH YOUR W2 • WALK OUT WITH AN INSTANT DEBIT CARD*

NO OUT OF POCKET FEES!

PREP FEE CAN BE DEDUCTED FROM YOUR REFUND!

INSTANT DEBIT CARDS ARE GIVEN ON THE SPOT! FREE ESTIMATES & FREE CONSULTATION
5 PENN PLAZA, 23RD FL. (BET 34TH & 33RD ST. ON 8TH AVE)

CALL US NOW! DON'T WAIT!!

212.300.5776

PODIATRIST

The Most Advanced Techniques Used for Bunions and Hammertoes

A new approach for treating Tendon Injuries for the Achilles, Tendonitis and Plantar Fasiitis (Heel and Arch Pain)

New Treatment For Heel Pain, Shockwave, PRP as | Platelet Rich Plasma Therapy (PRP)
seen on the front page of The New York Times

Dr. Paul Drucker, DPM

121 E. 60th St. Suite 3D
(Between Lex & Park)
New York, NY

(212) 486-7333

162-15 Highland Ave

Jamaica, NY 11432

(718) 658-9383

Dr. Ernest Levi, DPM

Midtown - Grand Central
30 E. 40th St., Suite 401

212-685-5100

Perfect Footcare

184 E 70th St. Suite B1
(Between Lex & 3rd) New York, NY
(917) 291-6966

Feet Hurt? Bunions?
Hammertoes? Heel Pain?

Now Featuring

genesisplus CUTERA

Helps Eradicate Fungal Nails

Take the Foot Health Checkup

- My toenails are streaked, discolored, thickened.
- The side of my toenails dig into the skin and hurt.
- I have a large bump behind my big toe (or little toe) which is always red.
- I get an extremely painful "cramp" in the area of my third and fourth toes when wearing shoes.
- My toes aren't straight - they are crooked, bent and hurt.
- I have painful calluses on the ball of my foot which keep building up.
- I have corns on my toes which get thicker no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
- My feet are always dry and scaly - sometimes they itch.
- My feet just hurt all over when I stand or walk a lot.
- I have numbness, burning, infection, persistent pain, skin rash, or open sores.

If any of these apply to you, call today.



BAKIR M. ALTAI MD, FRCS
VASCULAR SURGERY

NON SURGICAL AND LASER TREATMENT OF VARICOSE VEINS.

DARE TO GO BARE

Do you suffer from:

Leg pain

Discomfort

Swelling

Discoloration

Or spider veins?

You might have
varicose veins.



(actual client photos)

TREATMENTS INCLUDE:

1. Endovenous Ablation: state of the art technology using laser or radio-frequency to treat large veins under local anesthesia resulting in a good cosmetic outcome with minimal or no bruising, scarring, or swelling. Faster return to work or normal activities with much less discomfort.
2. Microphlebectomy: Varicose Vein Surgery for large bulging Veins using tiny incisions and performed under local anesthesia.
3. Sclerotherapy: vein injections for small and medium size veins

Dr. Bakir Altai,
General & Vascular Surgery
is on Facebook.



Location:
32-72 Steinway St. Suite 502
Astoria, Queens

Call 888-658-4543
or 212-444-2209
or 718-880-4625

Comprehensive evaluation
Insurance accepted
Free consultations

We specialize in nervous patients! Our Doctor is a trained Vascular Surgeon
We are Multi-Lingual! Our Staff speaks English, Spanish, Arabic, Urdu, Bangla, and Hindi.

FREE CONSULTATIONS

Beth Israel
Heart Institute

Beth Israel Heart Institute

Celebrates American Heart Month

It's Electric: The Basics of Electrophysiology

February 12, 2013

1st Avenue at 16th Street, 3 Linsky, Conference Room

12:30 - 1 pm

Sweetheart CPR: "It's So Sweet To Have A Healthy Heartbeat"

February 13, 2013

10 Nathan D. Perlman Place, Bernstein Pavillion

5:30 - 7 pm

Hispanics/Latinos & Cardiovascular Disease: Raising Awareness

February 19, 2013

1st Avenue at 16th Street, 3 Linsky, Conference Room

12:30 - 1 pm

Heart Healthy Day: Health Screenings & Counseling

February 22, 2013

10 Union Square East, 2nd Floor Conference Rooms

11 am - 5 pm

Heart-Healthy Cooking & Ask the Expert

February 28, 2013

317 East 17th Street, Fierman Hall, 8th Floor

2 - 4 pm

Don't Stress Your Test

February 26, 2013

1st Avenue at 16th Street, 3 Linsky, Conference Room

12 noon - 1 pm

To learn more about these events, please call
212.420.2806 or visit us online at

BiHeartInstitute.org/about-us.php.

Strengthening Hearts. Revitalizing Lives.



6

Power foods that help lower blood pressure

Advice

JOY BAUER

HEALTH AND WELLNESS EXPERT
FOR THE 'TODAY' SHOW AND NEW
YORK TIMES BEST-SELLING AUTHOR

www.joybauer.com



February is American Heart Month, so I'm highlighting five delicious and nutritious foods that can help you gain control of high blood pressure and satisfy your taste buds, too.

Baked white potato: The tasty spud often gets a bad rap (since it is commonly thrown in the deep fryer), but it is actually a rich source of magnesium and potassium, two vital nutrients for heart health. When potassium levels are low, the body holds onto extra sodium (and too much sodium raises blood pressure). On the other hand, when you eat a potassium-rich diet, the body becomes more efficient at getting rid of excess sodium. Like potassium, magnesium is also a key player in promoting healthy blood flow. Just skip the butter and sour cream toppings and instead opt for a dollop of nonfat Greek yogurt or salsa to kick the flavor up a notch.

Spinach: Spinach is low in calories, high in fiber and packed with heart-healthy nutrients like potassium,

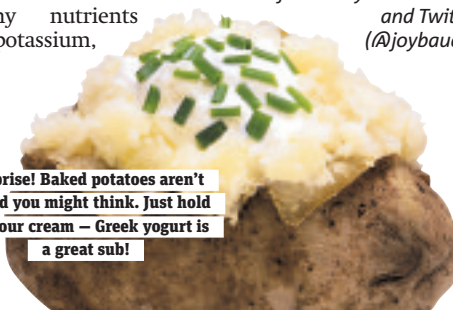
folate and magnesium — all key ingredients for lowering and maintaining blood pressure levels. Try sauteing yours with garlic and olive oil for an easy dinner side. Or, try mixing fresh spinach leaves into salads or add them to sandwiches in place of your usual lettuce.

Sunflower seeds: A quarter cup of this simple snack is also an excellent source of magnesium. Make sure you buy the unsalted version, as the salted kind is high in sodium — a mineral that you want to avoid when it comes to keeping blood pressure levels in check.

Soybeans: Soybeans are another excellent source of potassium and magnesium. Look for soybeans in the pod (edamame) in the freezer case at your local grocery store. For a healthy snack, boil one cup and pop them directly out of the shell and into your mouth.

— For more smart information on lowering blood pressure and cholesterol, visit www.joybauer.com and follow Joy on Facebook and Twitter (@joybauer).

Surprise! Baked potatoes aren't as bad you might think. Just hold the sour cream — Greek yogurt is a great sub!



Bananas

This fruit comes conveniently wrapped in its own packaging and is filled with loads of potassium, so it's a great choice for an on-the-go heart-healthy snack. You can also add a banana to your breakfast by slicing it into a whole grain cereal or blending into a smoothie with some strawberries and nonfat Greek yogurt. Plus, bananas make a yummy sweet treat when sliced into half-inch wheels and frozen — yum!

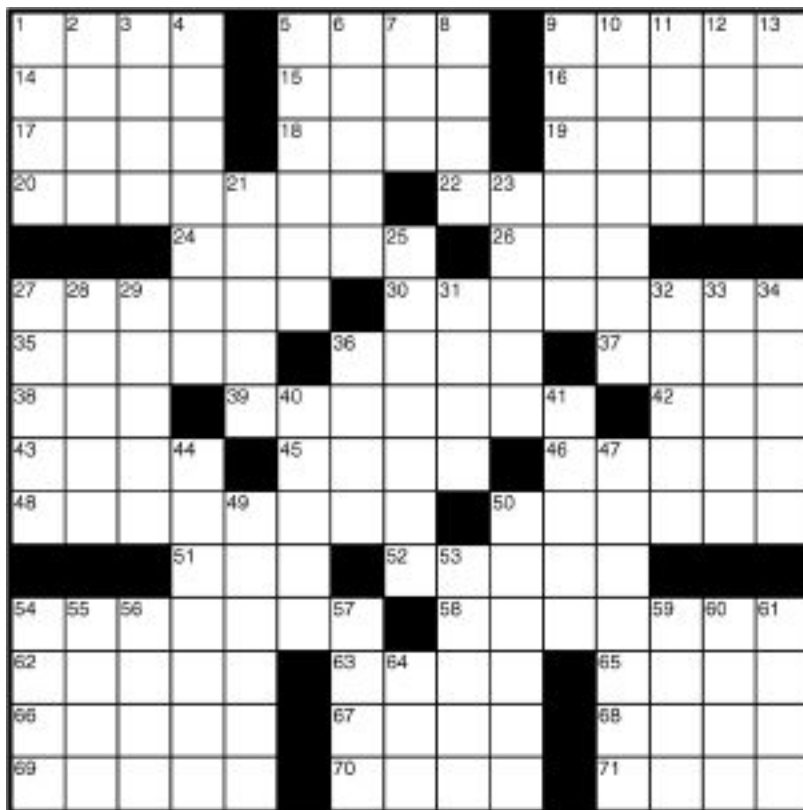


Beans

These legumes are versatile and nutritious, too! Choose any type of bean that floats your boat — black, white, navy, lima, pinto, kidney or a combo of a few. They are chock-full of soluble fiber, magnesium and potassium, all excellent ingredients for lowering blood pressure and improving overall heart health. Add beans to your favorite salads, soups or wraps; as a bonus, they're pretty inexpensive.

Across

1 — -a-brac
 5 Vasco da —
 9 Vouchers
 14 Make it snappy
 15 Saudi Arabia neighbor
 16 Milkmaid who Krishna loved
 17 Well-qualified
 18 Hold down a job
 19 Clay pots
 20 Mascara target
 22 Altar boy
 24 Sell hot tickets
 26 Lennon's wife
 27 Utterly miserable
 30 Relax (2 wds.)
 35 Be a bad winner
 36 Tall tale
 37 Edit out
 38 — Lingus
 39 Earliest
 42 Courtroom fig.
 43 Bulrush or cattail
 45 Batik need
 46 Catcher under Stengel
 48 Grandeur
 50 Feudal tenant
 51 "Ulalume" poet
 52 Blow, as a horse
 54 Shooting stars
 58 Loser (hyph.)
 62 Veldt grazer
 63 Prima donna
 65 Cattle-call reward
 66 Tennis standout Ivan —
 67 Remote
 68 Particular
 69 Make fun of
 70 Garden green
 71 Bonkers



Down

1 Hillside, to Angus
 2 Deep red
 3 Castaway's refuge
 4 London district
 5 Jumps on (2 wds.)
 6 Menotti hero
 7 Nick or scratch
 8 — Karenina
 9 Hums in a soft voice

10 Called out (var.)
 11 Without much thought
 12 "Anything but —!"
 13 Letter encl.
 21 Customers, to an S&L
 23 — age (long time)
 25 Wood smoothers
 27 Petri dish gels
 28 Censor
 29 Superman's father (hyph.)

31 Crude metals
 32 Moves toward
 33 Infra opposite
 34 Scent carrier
 36 Goofball (hyph.)
 40 More unusual
 41 Ski lifts (hyph.)
 44 Relies
 47 Portuguese resort
 49 Piece of pasta

50 Dean Martin hit
 53 Kind of blockade
 54 Liquefy
 55 Gen. Robert —
 56 Blue Nile source
 57 Wyo. neighbor
 59 — -Rooter
 60 He played Obi-Wan
 61 Fictional sub commander
 64 — — tree falls...

Horoscope

♊ Pisces Feb. 20-March 20.

Guard against a strong inclination to reward the undeserving while overlooking the virtuous. There's a possibility you could do so in two separate cases.

♈ Aries March 21-April 19. This could be a disconcerting day, because you can quickly go from being inspired to being disenchanted. Unless you get a handle on your moods, they'll hamper you greatly.

♉ Taurus April 20-May 20. You could do yourself a great disservice by reacting impulsively and blindly allowing one of your hunches to direct your actions. Check things out first.

♊ Gemini May 21-June 20. If you've been borrowing things lately, such as tools, materials

or even cash, it's best to clear matters up by returning everything as soon as possible. You'll feel better about yourself.

♋ Cancer June 21-July 22. Taken alone, your judgment isn't too bad, but you must be careful not to be swayed by another who doesn't have your best interest in mind. Don't believe everything that you're told.

♌ Leo July 23-Aug. 22. Don't be impatient if your fellow man doesn't grasp the essence of an idea as quickly as you'd like. It won't hurt to repeat what isn't understood at first.

♍ Virgo Aug. 23-Sept. 22. Normally, you are an extremely prudent and pragmatic person, but today you could become intrigued with a financial affair that could be extremely risky. Tread slowly.

♎ Libra Sept. 23-Oct. 23. When

making a major household purchase, you should take things slowly. If you're unsure about your choice, temporarily walk away and dismiss it from your mind until you're positive.

♏ Scorpio Oct. 24-Nov. 22. This could be one of those days when you could benefit from putting off what you don't feel like doing, especially if it's something extremely distasteful to you. Time will take care of it.

♐ Sagittarius Nov. 23-Dec. 21. Be extremely careful when handling the resources of another as well as your own. Indifference on your part could prove to be more costly than you anticipate.

♑ Capricorn Dec. 22-Jan. 19. Although you are usually a good salesperson, this might not be true at present due to careless-

ness. You could do or say something that would cause your prospect to back off. ♒ Aquarius Jan. 20-Feb. 19. There is a strong likelihood that you could reveal something that you promised to keep secret. Keep a tight hold on your lips.

BERNICE BEDE OSOL

Solution to yesterday's crossword



To advertise — phone: 212-457-7735; email sales: advertising@metro.us

METRO NEW YORK | Editor in Chief: Tony Metcalf, tony.metcalf@metro.us @edinchief
 Metro | Managing Editor: Dorothy Robinson, dorothy.robinson@metro.us | City Editor: Allen Houston, allen.houston@metro.us | Sports Editor: Mark Osborne, mark.osborne@metro.us
 Books/Parenting/Gossip/Travel Editor: Dorothy Robinson, dorothy.robinson@metro.us
 Home/Style/Food Editor: Tina Chadha, tina.chadha@metro.us | Film/Tech/Dating Editor: Heidi Patalano, heidi.patalano@metro.us | Wellbeing/Going Out Editor: Meredith Engel, meredith.engel@metro.us | Music Editor: Pat Healy, pat.healy@metro.us | Careers/Education Editor: Monica Weymouth, monica.weymouth@metro.us
 Copy Chief/Theater Editor: Tracie Michelle Murphy, tmichelle.murphy@metro.us

Letters

USDA's conflict of interest making Americans fat

There seems to be an international war on obesity. Among the world's industrialized nations, the United States bears the dubious distinction of being the world's fattest. In 1992, the USDA introduced the food pyramid which was greatly influenced by politics. The pyramid recommended 6 to 11 servings of grains daily, more than any other food group. Since that time, the number of overweight Americans has risen 61 percent. The federal government has been subsidizing and promoting the consumption of high-carbohydrate foods such as wheat, corn, soybeans, rice and cotton. Farmers are paid based on how many bushels of these crops that they grow, which promotes overproduction. Farmers growing fresh produce by contrast, receive very little from Washington. In 2011, the food pyramid was replaced by MyPlate — which is better but it still has grains occupying a sizable portion of it. The federal government should be put on a diet by getting out of the

business of subsidizing crops and making dietary recommendations. If food prices were dictated solely by the market rather than politics, it is likely that fruits and vegetables would be less expensive than processed, unhealthy foods.

JANET MCCARTHY, VIA E-MAIL

Obama's got a novel definition of 'big government'

President Obama says "we don't need bigger government" and then proceeds to propose everything from free health care to high-speed rail in his State of the Union Address. How exactly do are we supposed to pay for these things without growing government? Bill Clinton was smart enough to say "the era of big government is over" without proposing government-subsidized "quality pre-school education." Now that Marco Rubio's "Watergate" response failed to make a mockery out of the U.S. senator from Florida, liberals are now saying he made claims in his response that President Obama did not make in his speech. The center piece is Obama explicitly said he didn't want bigger government and Rubio said he does.

KEVIN METZ, VIA E-MAIL

SUDOKU: EASY

8			4	6	2			
					5	9	2	7
					1	8	6	
						2	1	
3	9						4	5
	6	4						
	4	5	7					
6	8	7	1					
			2	5	4			8

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

E-mail your letters:
letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact information.

Knicks trade unlikely

► Woodson says team has 'nothing working' on trade front, even with rumors swirling ► Wallace returns to practice, doesn't talk

The Knicks got back to work yesterday, expecting the same players that practiced to remain a part of the team when the trade deadline passes Thursday.

Head coach Mike Woodson said he believes it will be "the same guys" who'll fight for Atlantic Division and conference supremacy going forward.

"I don't think we have anything working," Woodson said about the many trade rumors involving the Knicks. "You always talk, but we like the makeup of our team."

Tuesday was the first time all season that all 15 guys on the roster worked out together. The sightings of Rasheed Wallace and Marcus Camby were particularly encouraging, since both forwards offer the type of defensive flexibility Woodson craves.



► Rasheed Wallace, far right, hasn't played in a game since Dec. 27, with a stress reaction in his left foot.

ON TV TONIGHT

Knicks at Pacers
7 p.m., MSG

Wallace didn't practice fully — nor talk to the media following practice — instead choosing to get fit-

ted with protective footwear. Grumpy disposition aside, his teammates were happy to see him back in the mix — though no one knows when he'll return to action.

"We have to get back on the same page through-

out entire games and throughout entire streaks," Chandler said. "We've shown that we can play with the best, especially in spurts."

Tony Williams
sports@metro.us

King: Only 10 percent chance Nets make deal

Don't get your trade hopes up if you are a Nets fan either.

General Manager Billy King spoke to the media yesterday and said it was unlikely the team would make a deal before Thursday's 3 p.m. deadline.

"I would put the likelihood of us doing a deal at 10 percent," King said. "I like to make trades when I think there's a trade to make that can help the team. And I think we're at a point now where this group's gotta play together more than shaking it up and bringing in a bunch of pieces."

The Nets have been tied to rumored trades, including Atlanta's Josh Smith and Utah's Paul Millsap, among others. They have very few assets though, with most teams unlikely to want Kris Humphries.

● METRO

SPORTS@METRO.US

GOT AN
OPINION?
SEND US
YOUR
THOUGHTS



DO YOU HAVE CELIAC DISEASE?

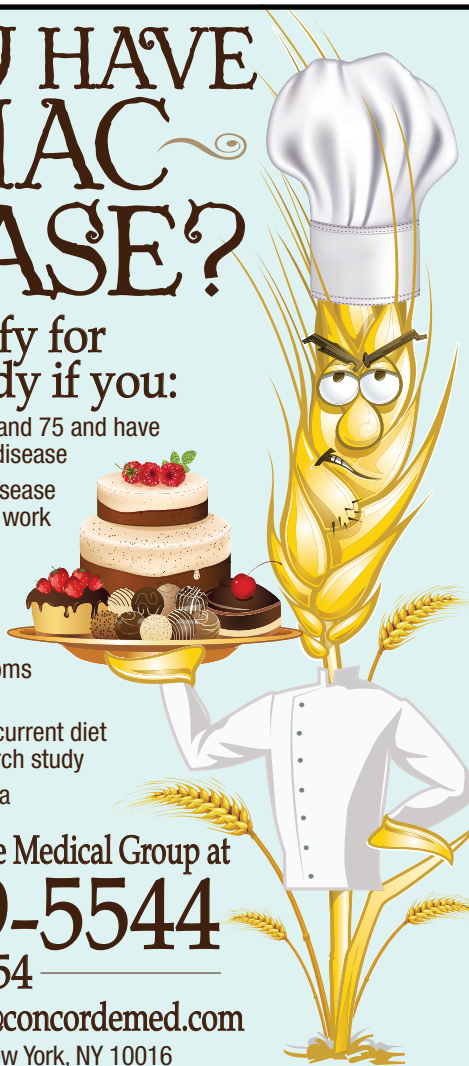
You may qualify for a research study if you:

- Are between the ages of 18 and 75 and have been diagnosed with celiac disease
- Have a diagnosis of celiac disease confirmed by biopsy and lab work more than 12 months before research study entry
- Have been on a gluten-free diet for 12 months or longer
- Are still experiencing symptoms when exposed to gluten
- Are willing to maintain your current diet for the duration of the research study
- Satisfy other inclusion criteria

Contact Lily at Concorde Medical Group at
212-889-5544
Ext 154

Or e-mail: clinical-trials@concordemed.com

232 East 30th Street • New York, NY 10016



U.S. GOVERNMENT GOLD COINS FINAL RELEASE

Vault #
NYM7

Solid Gold Coins
100% Guaranteed
U.S. Legal Tender
Coins not shown
actual size.



\$184^{ea}

Diameter 16.5 mm
1/10 Oz. Solid Gold

U.S. 1/10 oz Gold American Eagle
Free From Dealer Markup

U.S. ECONOMY SHRINKS TO .01% GROWTH!
GOLD PREDICTED TO BREAK \$10,000.00/oz

US GOVERNMENT GOLD

Today the US Gold Firm is releasing 10,000 official U.S. Government solid gold coins from the Main Vault Facility. The U.S. Gold American Eagle is the only gold coin that has legal tender status and a guarantee from the U.S. Mint for weight and purity. We are all aware at this point that the need to own gold is very real. The question is how, where, and when to buy. We would ask you to give our company a try at earning your business. We offer a money

back guarantee on every purchase. The time to buy gold is now. Experts are predicting a strong bull market on gold that could last for years and years to come. When gold breaks \$5000/oz the current price will seem like a dream come true. Pure Government gold is the safest and most liquid way to own gold. You can feel confident in the U.S. Mint's world renowned high standards for coin production. So own American and buy American.

1	2011 Gov't Issued Gold Coin	\$ 184
5	2011 Gov't Issued Gold Coin	\$ 920
10	2011 Gov't Issued Gold Coin	\$ 1840



The US Gold Firm believes that gold is an excellent long-term investment but the future is never certain. The past performance of gold is a guide to, not a guarantee of, future events.

CALL NOW!
THEY WILL NOT LAST LONG!
1-888-314-7691

TOLL FREE 24 Hours a Day 7 Days a Week.
Money Back Satisfaction Guarantee

MASTER CARD • VISA • AMEX
DISCOVER • CHECK • BANK WIRE

WWW.USGOLDFIRM.COM

Prust returns to MSG with Habs

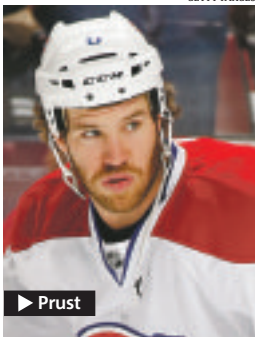
► Rangers fan favorite, tough guy now plays for Canadiens ► Enjoying having role beyond fights

The impish grin was the same. The colors were the same. It was the logo on the T-shirt Brandon Prust wore yesterday afternoon that was different.

"I don't know if I have too many bad memories of being here," Prust told reporters outside the visiting dressing room prior to the Canadiens-Rangers game last night at the Garden. The resumption of the Original Six rivalry marked Prust's return to New York after spending two and a half seasons with the Rangers.

"[I] made a lot of friends, love the city, great organization. It's kind of a kick-start to my hockey career. All good memories."

Prust signed a four-year, \$10 million deal with the Canadiens as an unrestricted free agent on July 1. The Montreal brain trust determined that one of the primary issues with the Canadiens in 2011-12 was



► Prust

Quoted

"It's good to go out and you're not always thinking about fighting. Sometimes I find I was doing a lot."

PRUST, ON HIS NEW ROLE

a decided lack of toughness.

The early returns have been good. The Canadiens

entered last night's game with a Northeast Division leading 10-4-1 record.

"It's been a good start to the season. Enjoying my time, we have a great team, organization. It's been a lot easier, we're winning," Prust said of the Canadiens' courtship. They made some good changes in the offseason, [and] you like to think you're a piece of that puzzle, [that] you brought some good things to that dressing room and out on the ice. That's what I try to do on the ice. It's been a whole bunch of the things that have come together to bring us success."

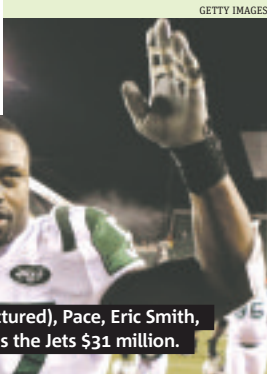
He also wanted to prove that he can do more than trade punches.

"Sometimes players like me are maybe overlooked. It was something I wanted to prove," Prust said.



Deniz Gorman
sports@metro.us

Sports in brief



► All told, cutting Scott (pictured), Pace, Eric Smith, Jason Smith and Baker saves the Jets \$31 million.

Jets release Pace, Scott, others in salary cap moves

JETS. The Jets have officially cut ties with linebackers Calvin Pace and Bart Scott. In addition, the team announced that right tackle Jason Smith, safety Eric Smith and tight end Josh Baker have all been released.

Multiple team and league sources have told Metro New York that the Jets are willing to renegotiate a deal with Scott

at a lesser cap hit. League sources say he's also interested in a return to Baltimore or possibly playing for the crosstown rival, the Giants. He was slated to make \$7 million in 2013.

Pace was seen as an ideal fit in the Jets' 3-4 scheme, but he produced diminishing returns, including just 55 tackles and three sacks last season. Pace has always been an outspoken member of the locker room, frequently calling out teammates.

This candor, combined with a cap savings of roughly \$8.5 million, figured into the decision to release the veteran outside linebacker.

A team source said Pace is not expected back with the Jets at a lesser salary.

● KRISTIAN DYER

Hughes suffers back stiffness

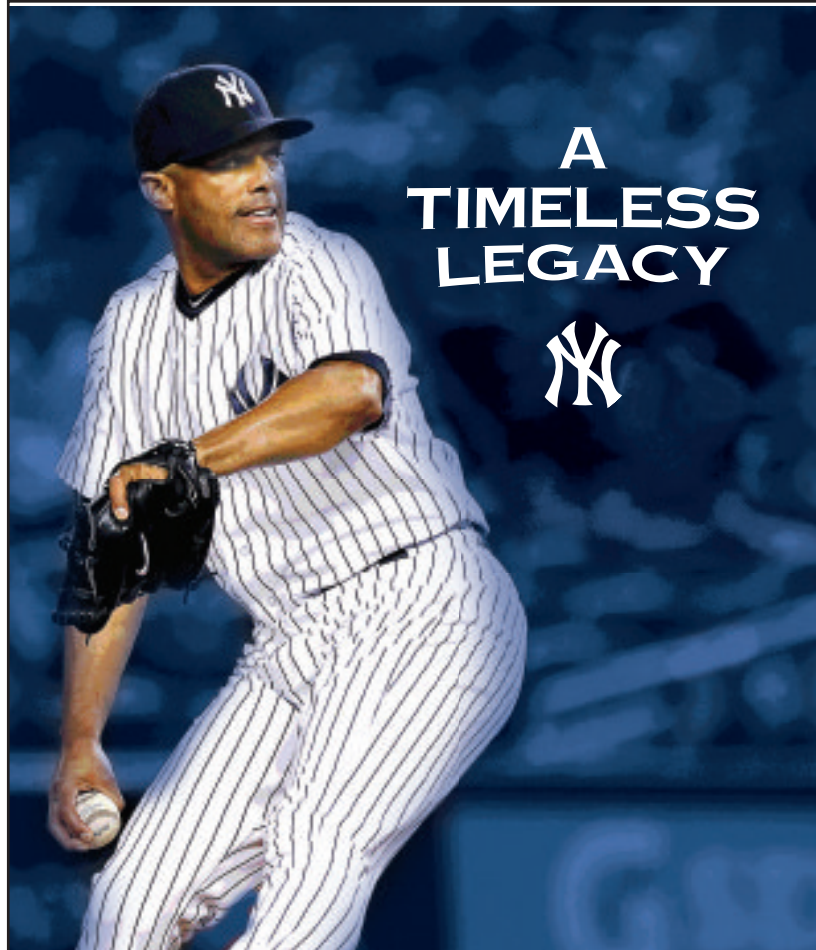
YANKEES. One day after the Mets suffered their first injury of the spring, the Yankees announced



that starter Phil Hughes will be put on the shelf for two days with back stiffness suffered in a fielding drill.

"There's always a little bit of concern, but it's in his upper back, not his lower back," manager Joe Girardi told reporters.

Hughes is expected to be the No. 4 starter this season. ● METRO



A
TIMELESS
LEGACY



Opening Day is almost here. Don't get caught looking.

Opening Day is back with more excitement than ever! Introducing the 12-Game Plan: 12 great games, including Opening Day and games versus the Mets and Dodgers. Ticket plans offer many benefits, including savings off the game-day ticket price. Plans are available in a variety of locations. Don't miss the first pitch of the 2013 season! Reserve your seats today.

Good seats are still available!

(212) YANKEES

yankees.com

seasontickets@yankees.com



Preferred
by



Legal and Professional Services

DIRECTORY

To place an ad call Johan Svennerholm at 212-457-7823 or email johan.svennerholm@metro.us

RAWLINS LAW FIRM

BANKRUPTCY

FROM \$599

DIVORCE

FROM \$199

212-470-2024

Attorney Advertising • Se habla español

S.H. Accounting Services, CPA LLC

Contact us for your Income Tax Preparation needs.

We service individuals and business.

Book your appointment online or call.

WEBSITE: WWW.SHANCPA.COM

PHONE: 646.820.1665

FAX: 800.918.5401

BANKRUPTCY

Overwhelmed With Debt and Want a New Start? Then Call Bankruptcy Attorney

Jay Simon • 718.222.4619

32 Court Street, Suite 805, Brooklyn
Bankruptcy Only, Chapter 7 Specialist,
Low Fee, One Set Fee, Installments,
Personalized Attention, Free Consultation

First Step to a Second Start!

FIRE?

212-286-1425

OWED OVERTIME?

LAW OFFICE OF WILLIAM C. RAND
488 Madison Ave., Suite 1100, New York, N.Y. 10022

BANKRUPTCY

917-783-0906

\$795+ Court Fees

Free Consultation

"YOU DESERVE A FRESH START FOR THE NEW YEAR"

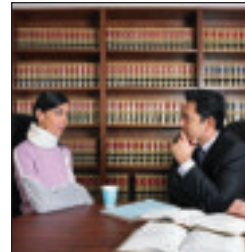
Flushing (QNS): 39-01 Main St., Suite 400
Manhattan: 80 Broad Street, 5th Fl



Howard S. Warner, Attorney

Evening and Sat appts available

Over 60 Years of Experience
DINERMAN BERGAM & DINERMAN
ACCIDENT?
ALL ACCIDENT CASES HANDLED
Car/Bus/Train • Slip/Trip and Fall • Elevator • Real Estate
150 BROADWAY NYC • (212) 267-7575
Free Consultation ASK FOR MARIA Hablamos Español



INJURED?

NEED A LAWYER?

FREE CONSULTATION

212-571-9200

www.accident-lawyer-ny.com

Feiner & Lavy, P.C., Attorneys at Law
325 Broadway • Suite 401
NY, NY 10007

عبريت، العربية، Español Attorney Advertisement

Health & Beauty

DIRECTORY

To place an ad call Samantha Miller at 212-457-7831 or email samantha.miller@metro.us

GRAND OPENING
Point Me
Asian Bodywork
1st Ave & 15th St
646.896.1957

DAISY
BODYWORK
10AM-10:30PM
139 Fulton St.
(Btn Broadway-Nassau)
212.513.1888

10am-1am
EAST SPA
TABLE SHOWER
COUPLES ROOM
212.832.3333
216 E49TH ST

New Management & Staff
24HRS
SPA Valley
WE 27TH ST & BROADWAY
212.779.1250

BACK PAIN ACUPUNCTURE
overweight stress anxiety back neck joint pain
fatigue pinched nerve poor circulation
microdermabrasion massage physical therapy reiki
Accept 1199 aetna unitedhealth care 115W 30 St. #500B (btwn 687 Ave)
blue cross neighborhood medicare 212-764-3924
metroplus affinity amerigroup cigna
www.MedicalHolistics.com Englewood NJ : 201.944.0985

Medical Research

DIRECTORY

To place an ad call Brett Lurman at 212-457-7753 or email brett.lurman@metro.us

DO YOU SUFFER FROM ARTHRITIS?

Compensation up to \$50.00 per visit

No-cost study-related care and study medications for up to 42 months.

No health insurance or referrals are required.

Local doctors need volunteers for a research study comparing FDA-approved arthritis medications.

877-891-3456

Visit: www.StudyForArthritis.com

CLIP & CALL!

HAVE BIPOLAR DISORDER?

Have Trouble Remembering Things? Are You Currently Not Depressed or Manic?

If so, you may qualify for a Mount Sinai research study examining the effect of a medication treatment on memory and attention problems.

Participation in this research study includes:

- 16 weeks of taking a study drug, either galantamine or placebo
- Two sessions neuropsychological testing
- Total six study visits
- Compensation provided

Contact Roya at 212-241-3089

PI: Dan Iosifescu



Still Feeling Depressed?

If you're taking antidepressant medication but are still depressed, you may qualify to participate in a clinical research study evaluating an investigational add-on medication for depression.

Qualified Participants between the ages of 18 and 65 will receive, at no cost:

- Study related medical care
- Psychiatric evaluations
- Marketed antidepressant
- Study related medication or placebo

You may be compensated for your time and travel.

No insurance is required for participation

Call Comprehensive Clinical Research at 1-800-993-8502

80-15 164th Street, 1st Floor,

Jamaica, New York 11432



Are you suffering from depression symptoms?

Depression symptoms include sadness, loss of interest, fatigue, hopelessness and changes in eating habits. If you have any of these symptoms, you may want to explore your options.

Call us to learn about participating in a research study of an investigational depression medication for adults.

There's no cost to participate and compensation may be available.

To learn more please call 212-241-6349 or visit www.mssm.edu/map.

Get PAID to help find a cure!

ZipTrials.us

Powered by metro

Participate in local clinical trials at www.ZipTrials.us



IMPORTANT INFORMATION:
 All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

Pets

Pet Walkers

♥ ADORABLE YORKIE PUPPIES ♥
 CALL TRACY 718 236-1515

★ ★ SHIH-TZU PUPPIES ★ ★
 Toy & Imperial Sizes, All Colors
 Call 718 236-7567

Career Training

Careers

Want to work in Healthcare?
 Get your copy of the Healthcare Career Guide. Learn about opportunities, and helpful tips to get you started. Call now, to get your copy!
 877-480-6333 • Sanford-Brown Institute
 New York, NY • White Plains, NY • Garden City
 Licensed by the New York State Education Department
 sanfordbrown.edu
 Programs vary by campus

You CAN do it! Change your life!
 Train in the field of Pharmacy Technology. A simple phone call could change your life.
 866-942-6444
 Sanford-Brown Institute
 Garden City, NY • New York, NY
 Licensed by the New York State Education Department
 Programs vary by location
 sanfordbrown.edu

HEALTHY BABY?
 You could help provide info to doctors and expecting parents. Learn to take ULTRASOUND images by training in **DIAGNOSTIC MEDICAL SONOGRAPHY**. You could also help doctors detect injuries and illness!
 866-942-6444 • Sanford-Brown Institute
 Garden City, NY • New York, NY • White Plains, NY
 Licensed by the New York State Education Department
 Programs vary by location
 sanfordbrown.edu

Careers

INTRODUCTION TO BAKING
 10 Week Course
 Saturdays
 Beginning April 6
 Culinary Tech Center located at
 460 W 34th Street
 Call 646.438.3974

Jobs

Training

10A of Blue Steel Security. Walk-in. Job Plant. 8hr/16hr/AnnComp. Sec/LP/CP/FG/Arm/Net Del/4th/Armed Gun Lic/Service Driving Less. 377 Bridge St. Call 347-463-9015

HOME HEALTH AIDE/CNA TRAINING
 NYSED PCA to HHA upgrade.
 Call 718-323-3050

Nurses Aide Training
 Care For the Elderly
 Home Health Aide Training
 Lic. NYS School
 (718) 843-8449

EXTERMINATION/Termite Certification
 NYS cert. 60 days. Jobsbiz Fin'l aid if qual. 24hr 718-205-0557/800-220-5494

General Help Wanted

General Help Wanted

*** A BETTER CAREER ***
 \$12-\$35/hr NO experience needed
 MORNING/EVENING/OVERNIGHT
 SHIFTS F/T & P/T 1-800-889-7643

*** A BETTER CAREER ***
 \$12-\$35/hr NO experience needed
 MORNING/EVENING/OVERNIGHT
 SHIFTS F/T & P/T 1-800-889-7643

★ CONCIERGE / FRONT DESK ★
 Morning, afternoon, overnight. \$9-\$16/hr. hi-rise bldgs, corp & hotels.
 Call ASAP 718-809-6709 / 718-807-1445

DATA ENTRY / OFFICE CLERK
 Full time positions avail. Immediate hire. Excellent Salary + benefits.
 CALL: 212-501-2288

Exterminator needed immed F/T P/T
 MUST BE certified in 7A or 7F. Bilingual. Must have car. Call Errol 631-473-4748 or fax (631) 473-4816

FLYER DISTRIBUTOR - Bronx
 based co. work throughout NYC, no exp. Apply in person Tues & Thurs 12-3: 1351 Jerome Ave, Bronx.

Mechanics (LGA) growing airport tech. services co. has openings of local airport, for mechanics, & baggage technicians to work on jet bridges, & conveyors. Exp. troubleshooting electrical systems A + Must be able to work shifts, nights & weekends, and pass 10 year background check. Fax res to 516-326-5373

OUTDOOR TICKET SALES AGENT
 ☆ Hourly \$8-\$20 ☆ Sales exp a must. SUBMIT RESUME TO: skyridesales@gmail.com

AA Customer Svc/Gen. Office Help
 Growing Co. Immed Hire. No Exp. Will train. Nr. Subway. \$740 Wkly Comm +. Call for Appt. 718-850-7638

Miscellaneous

ONE NATION EMPLOYMENT AGENCY: All Positions are Avail. 8037 Broadway Elmhurst, Qns, NY 11373 ♦FEE 718-803-5267 / 718-803-5268

Transportation / Travel

Driver (Tractor Trailer)
 15 Positions Immediately

JOB FAIR FEBRUARY 19th AND FEBRUARY 25th at HAMPTON INN & SUITES
 160 CORPORATE BLVD IN YONKERS, NY
 IF UNABLE TO ATTEND, PLEASE CALL US AT 800-451-2525 (x 42266) OR E-MAIL cdeimers@unfi.com

GREAT PAY, SMALL DELIVERY AREA (LESS THAN 25 MILES), HOME EVERY NIGHT, MONDAY - FRIDAY, SAFETY BONUSES, STAGGERS, FULL TIME PLUS, 401K, ESOP, TUITION REIMBURSE, MEDICAL/DENTAL/LIFE/ DISABILITY INSURANCE & MUCH MORE !!!

LEARN ALL ABOUT US AT WWW.UNFI.COM
 Responsible for delivering products to customers. Loads and unloads the truck in a safe and timely manner according to UNFI procedures. Minimizes delays and reports problems. Picks up supplies and back-hauls from vendors.

Duties/Responsibilities:
 1. Performs pre and post trip inspections of vehicle utilizing knowledge of safe and effective loading and handling procedures. Reviews paperwork for completeness and accuracy. Checks orders for correct number of boxes, correct addresses, and support documentation.
 2. Completes time cards, enters trip data into on-board computer and completes paper logs if necessary. Complies with FMCSA regulations.
 3. Delivers and unloads products utilizing equipment including tractor trailer, ramps, lift gates, pallet jacks, load bars and other devices which assist delivery. Verifies piece count, leaves the appropriate paperwork and secures the required signatures and store stamps (when applicable) on delivery documents.
 4. Operates vehicle safely within UNFI guidelines minimizing accidents, traffic violations and complaints from the public.
 5. Reports any accident immediately to the Transportation Manager/Department.
 6. Keeps vehicles well maintained, safe, and secure. Reports any defects promptly using DCVR form.
 7. Picks up supplies and back hauls from vendors. Completes related paperwork.
 8. Addresses and resolves customer problems as appropriate.
 9. Attends mandatory drivers meetings, training or administrative sessions as required.
 10. Maintains the Company's professional reputation to customers, the public and company employees. Projects professional image by dressing in company provided clothing.
 11. Assumes other related duties as required or assigned.

Requirements/ Skills:
 High School Diploma or GED Equivalent. Valid medical card as prescribed by the Federal Motor Carrier Administration and a valid state specific Commercial Drivers License, Class A. Ability to pass a written exam and road test. Basic knowledge of D.O.T. laws and mandates. Understanding of UNFI's safety standards. Prefer minimum of one year verified experience operating a tractor trailer. Must be 21 years of age. Ability to speak, read and write English well. Safe driving skills, ability to drive large tractor trailers and ability to use forklifts and related delivery equipment. Ability to read maps and written directions. Ability to pass a post-offer employment physical and drug test and subsequent enrollment in a random pool of drivers for drug and alcohol testing as required by law. Strong interpersonal, communication, organizational and customer service skills. Full Time, Permanent, hourly.

Transportation / Travel

DRIVERS
 Premier Proctransit is seeking Drivers with NYS CDL Class C with Passenger Endorsement
COME IN FOR APPLICATION
 940 Ramsen Ave/bet Av D/Foster Av
 Mon-Fri 8am-7pm. Sat/Sun 8am-4pm

Healthcare

JOBS Training @ Access
CNA • Medical Assistant • HHA - Home Health Aide
EKG / PHLE / Pharmacy Tech / ESL / LOANS
CNA Free Training, If Eligible
Bookkeeping • Quality Analyst • Business Analyst
Solar Technician • Advanced Computer Courses
Call 718-263-0750
STUDENT VISAS @ LOW COST
 On Queens Blvd Next to (E, F) Subway Stn. • 8002 Kew Gardens Rd, Queens, NY
www.accessqueens.com

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

A BASIC CAREER IN SECURITY
 No experience nec. will train if needed. Up to \$22.50/hr. FT/PT. Interview this week 347-490-7361

SECURITY GUARDS Needed & FIREGUARDS w/NYS Guard license
 FOI, F91, F93 cards + Current 8hr certs nec. Flex hours. 718-523-8293

Healthcare

JOBS Training @ Access
CNA • Medical Assistant • HHA - Home Health Aide
EKG / PHLE / Pharmacy Tech / ESL / LOANS
CNA Free Training, If Eligible
Bookkeeping • Quality Analyst • Business Analyst
Solar Technician • Advanced Computer Courses
Call 718-263-0750
STUDENT VISAS @ LOW COST
 On Queens Blvd Next to (E, F) Subway Stn. • 8002 Kew Gardens Rd, Queens, NY
www.accessqueens.com

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Security / Law Enforcement

Are you ready for 2013?
 Did you come up with **YOUR NEW YEAR RESOLUTIONS?**
 OUR PROFESSIONAL COUNSELORS CAN HELP!
 Come to us and you will get advice on professional education and best careers of 2013 and how to get better physically and spiritually.
 1.877.380.5638 **WWW.ASA.EDU**
 For program disclosure, visit www.asa.edu/disclosure.asp

JUMPSTART YOUR CAREER AS A MEDICAL ASSISTANT
 Financial Aid Available if Qualified
CALL NOW
 MANHATTAN QUEENS
 212-695-9700 718-575-3223
www.acecareer.edu

Career training that bridges the gap to your future.

OPEN HOUSE... WEDNESDAY, FEBRUARY 20TH CALL TO RESERVE YOUR SPACE!

Court Reporting (CART & Closed Captioning)
 Paralegal • Medical Office Specialist
Call 1-866-362-8824 • nycl.edu
 Day & Evening Classes • Degree & Certificate Programs

NYCI NEWYORK CAREER INSTITUTE
 established 1941
The College of Legal and Medical Professions.
11 Park Place, NYC (across from City Hall)
 For more information about our graduation rates, the median debt of students who completed the program and other important information, please visit our website at www.nycl.edu

TUITION-FREE IT TRAINING AND JOB PLACEMENT
A+ & MCTS CERTIFICATION
BRONX & BROOKLYN LOCATIONS
718-991-8400
PER SCHOLAS
www.perscholas.org



ACCEPTING APPLICANTS
 \$900 WKLY AVG
 Excellent Reward Programs,
 Incentives/Advancement Opos
NO EXPERIENCE NEEDED
TRAINING PROVIDED
 CALL NOW 718-210-3642

Buyer/Apparel (NYC)
 Analyze global fashion market trends/ styles; Negotiate prices/terms/ transportation arrangements for merchandise; Manage production data; Supervise staff; Min. BA in Fashion, Business, or related field + 5 yrs exp. in fashion industry or equiv. Degree req'd.
 Resume to Rag & Bone Industries, LLC 425 West 13th St NY, NY 10014 (Attn: Catherine)

SR. SYSTEMS ENGINEER (NYC):
 Manage, design, implement, test, troubleshoot & maintain complex network for equity & options trading system. Perform technical planning, system integration, configuration, verification & validation, and supportability & effectiveness analyses for total systems, including Microsoft System, VMware system, TCP/IP network & SAN storage design, configuration, deployment, backup, monitoring & capacity planning, IT servers & WAN connectivity to stock exchange, etc. Req.: MS/eqniv. in CS, Engineering or related. Strong skills in equity trading system deployment & support, VMware technologies, LAN/WAN troubleshooting, server hardware configurations. In lieu of MS, BS with 5 yrs of exp. as System Engineer is acceptable. Send resume to Wang Investment Associates Inc, 1 McBride and Son Center Dr. Suite 288, Chesterfield, MO 63005. Attn: HR

SUPERINTENDENT Brooklyn Area Elevator bldg. Must have knowledge of plumbing inside the walls. Some Carpentry. Super benefits 2 Br Apt Free + utilities + Wages. Come to interview Tues 2/19/13 or Wed 2/20 bef 4-5PM 1706 50th St. Corner 17th Ave.

Jobs

Security / Law Enforcement

CORP / FRONT DESK AGENT
 Must be available to start asap. No exp nec. Will train, up to \$22.50/hr.
 Call 212-470-6933 or 212-470-8112

FRONT DESK GUARDS
 Wall St. location, no exp necessary.
 Pay up to \$13.25 p/hour.
 Call Lt. Kelly: 347-246-9305

FRONT DESK GUARDS
 Wall St. location, no exp necessary.
 Pay up to \$13.25 p/hour.
 Call Lt. Kelly: 347-246-9305

LOBBY ATTENDANT / GUARDS
 FT / PT, MORNING & evening shifts avail. No felonies, up to \$19.50/hr.
 Must start asap. Contact 718-772-8318

*** SECURITY GUARDS/FIRE GUARDS ***
 Guard License Req'd ALL BOROS.
 Salary \$8-\$10/hr depending on exp.
 Call M-F, 10am-3pm: 1-718-264-7757

Real Estate/Sale



PUBLISHERS NOTE
 All real estate advertising herein is subject to the Federal Fair Housing Act of 1968 and state and local fair housing laws. The Fair Housing Act makes it illegal to advertise any preference, limitations or discrimination on the basis of race, color, religion, sex, handicap, familial status, or national origin or an intention to make any such preference, limitation or discrimination. State or local laws may make unlawful advertising that discriminates on the basis of age, marital status, or sexual orientation. Metro US will not knowingly accept any advertising for real estate which violates the law. The law requires that all dwellings advertised are available on an equal opportunity basis. If you have any questions regarding housing discrimination, call the Long Island Housing Services at (1-800) 660-6920 in Long Island or the Anti-Discrimination Center at (212) 346-7600 in New York City. To file a complaint call HUD toll-free at (800) 669-9777 or the New York City Commission on Human Rights at (212) 306-7500

Farm/Ranch

Delaware Co., 13 acres w/1 rm cabin.
 Open & wooded. Road frontage on county hwy. Priced right at \$36,900.
 Owner finance. \$6000 down. \$581/mo.
 Call Bill Hunt, Sidney, NY. 607 563-1993

Homes

Bed Stuy Renov brk 2 fam 3br duplex/2 br,
 3 bths, bsmt. * Owner 347-465-6400 *

Laurelton- Newly Renov. Huge Col!
 Def. 3/4dr 2.5 bath. Drwry/ gar. King size Mlbrm w/bath. Must See! Call Assoc. Broker. Nodine 347-543 2995

*** ELMONT TOTALLY RENOVATED ***
 4 BRs, 3 BTHs, EIK, FIN BSMT, 1 CAR GAR. * OWNER 516-399-1447

Homes

Springfield Gardens. New constr. 2 family, det. 40x100. 3br over 3 br, 5 full baths, full bsmt, pvt drwy, big yard, custom kit. Owner 718-297-0505

*** ST. ALBANS FORECLOSURE ***
 1 fam det; 4 brs, 3 bths, fin bsmt w/ose, gar, porch. \$139K
 ** Owner Rp 516-369-7261 **

WESTFIELD \$290,000
 2 family brick hse, 5/3 exclnt area, 3 bths, huge backyard. Hablamos Espanol. Call Maybell 718-300-7057

Real Estate/Rent

Apartments

Apartment Building Rentals

No Rent * No Fee * No Fee

Bronx

Immediate Occupancy (1/2 month's Free) on All Studios 1, 2, 3, Bedrooms

Fully Renovated:
 Upgraded Kit / Bathrooms,
 Hard Wood Floors, New Appliances, Freshly Painted
(24 hr Approval)
Must Meet Income Requirements

FOR VIEWING | PLEASE CONTACT | 347-413-2911

24 hr. Security Surveillance On-Site Superintendent

Bainbridge/All Bronx Stu fr. \$750,
 1 Br fr. \$850, 2 Br's fr. \$1075, 3 Br's fr. \$1275. Also no credit check apts. avail. MAZIE'S RE 718-293-4555

Bedford Pk * Moshulu Plwky So,
 Nr. Park, Garden, Zoo, Trans. Stu \$825, 1br \$925. Well Maint'd Bldg 1st mo rent free! Agt 718-657-1085

HUNTS POINT off Garrison Ave.
 Well maintained rent stabilized bldg 1st mo rent free 2br \$1,115/mo. 3 br \$1,274/mo. Agt. 718-657-1085

Parkchester/Gr Concourse/Boston Rd
 1, 2, 3 BR apts, walk-up bldg. Renov Kt/Bth, nr Trans & School. Sec 8 OK. Owner Roberto 914-632-1230

Southern Bronx Locations Immediate
 Studio, 1, 2 & 3 BR Apts. Newly Renov Units, Lge Open Flr Space, \$638.26/mo & up. Owner 718-617-2800

CANARSIE * 2 Fam, 2/2 + Fin Bsmt
 Modern Kt/Bs, Drwy, Gar, Bkdy E. FLTBSh*2 Fam, 3/2, Modern Kt/Bs & BA, fin bsmt, Gar. 3kr 646-372-8924

Crown Hts: Lefferts Av/Washington.
 Well maint. Rent stab. bldg. Nr shops /trans. Stu \$1150, 1br \$1425 & up. 1st 1/2 mo. rent free. Agt 718-657-1085

EAST FLATBUSH Ave H & 32nd St
 1 blk off Flatbush Nr shops/trans. 1 br \$1250, Well maint rent stab'd bldg 1st 1/2 mo rent free. Agt 718-657-1085

EAST FLATBUSH & CANARSIE
 Studios, 1, 2 & 3 BR apts. Call Agent: 718-451-1000 or 917-690-2238

East NY: 3 Separate rooms, 1 Kt & 1 bath.
 \$750/mth electric gas and cable and internet included. No call after 10 PM. Call owner 646-255-2439

ENY- Linden off Rogers. Near shops, trans, 2br \$1350. Well maintained rent stabilized bldg 1st mo Rent Free. Call Agent 718-657-1085

JAMAICA * Renov 3 Bdrm Apt.
 Full Bth, 2nd Flr, Lge LR & DR, Nr LIRR & JFK. Shares ok. \$1800/mo. UNIQUE HOMES Agent 347-756-8291

Queens Village: 1&2 br \$1250/\$1350;
 Rosedale Two 3br's \$1750/\$1850. E. Elmhurst 1 br \$900. Good Deal RE 646-261-6444 - 718-322-2668

SPRINGFIELD GARDENS
 2 Bdrm Apt, 2nd flr, 1 Bth, Near Transportation, \$1400/mo. Call Owner: 347-302-5664

Apartments

Fair Rockaway 3 br apt, 2nd flr, 2 full bths,
 w/w apt in brand new 2 fam. Near shops & trans. 1 mo rent, 1 mo sec. Section 8 & HASA ok. \$1600/mo. Owner 718-658-5132, 917-302-9605

Fair Rockaway- Baywater- Grdn
 style apts quiet resid area Nr shops, trans, beach. Rent stab'd Spac, newly renov kit. 1 BR \$1025, 2 br \$1250, 1st mo rent free. Agt 718-657-1085

FLUSHING 158th St. - 1 BR on 1st flr,
 walk-up building. Fully Renovated. \$1150/mo. Principals Only. Call Owner 718-358-3564 or 718-575-9600

Jamaica- Owner. Beaut 1 Fam house
 rental. 3-5br, 2ba, 1r Dr, Jac, dvwy, yd, w/d-pet ok. Cred & Ref's req. 2mo rent + sec. \$2400 + util. 347-381-0365

metroclassifieds

TO PLACE AN AD CALL 866-900-9473

Notices

Public Notices

City Harvest, New York's only food rescue organization, will procure & deliver over \$125,000 worth of high-quality food for the Food Pantry Initiative with City Council discretionary funds from the Department of Youth and Community Development (DYCD). There are 21 pre-selected emergency feeding programs throughout NYC that will receive food and City Harvest is seeking a vendor to fill food orders. Eligible vendors must be able to: pick, palletize, invoice and deliver orders for individual agencies; fulfill 80 individual orders with min. order of 14 cases, max. order of 550 cases & avg. order of 110 cases; provide the following food items: dry, refrigerated and frozen food (50% of which canned & dry, 18% of which produce), only 100% juice, seafood including cod, fresh spinach, hand fruit; provide daily project fulfillment reports with the following info about agencies receiving food: order date(s), delivery date(s), amt. of funding allocation spent, amt. of funding allocation remaining, and if agency has completed all ordering. Contact Jenny Waxberg at City Harvest at jwaxberg@cityharvest.org by March 7th, 2013 if you meet all requirements listed above.

Services

Legal Services

PAUL DUICK INCOME TAX PREPARATION

44-11 48TH AVE, WOODSIDE
917 576 3873

Miscellaneous

Pinup Talent Hunt Looking for ladies 22-40 for our 2014 pinup calendar - will pay if you've got what we're looking for. Race not important. Send pictures to pinuphunt@gmail.com - no heavy tittos or piercings please. Serious inquiries only.

Miscellaneous

IQ TESTED

THE NEW YORK CITY TEST CENTER offers for a limited time, free intelligence and personality tests. Your IQ, personality and aptitude determine your future. Know them. No obligations.

227 West 46th Street - New York City, NY
 Phone: (212) 921-1210
 Open 7 days a week from 9:00 am - 10:00 pm

©2007 CSNY. All Rights Reserved. SCIENTOLOGY and SCIENTOMETRIC are trademarks and service marks owned by Religious Technology Center and are used with its permission

Careers

HIGH SCHOOL DIPLOMA FROM HOME

6-8 weeks accredited
 Get a Diploma! Get a Job!
No computer needed!!
 Call 24/7 for free brochure
1-800-264-8330
www.diplomafromhome.com
 Benjamin Franklin High School

Psychic

SHEIKH SALEEM
917.254.6647
 MYSTICAL AFRICAN MEDIUM & SPIRITUALIST
 SOLVES ALL YOUR ISSUES.
 LOVE SPECIALIST, REUNITE LOVERS, BUSINESS, JOB, COURT, LUCK, BLACK MAGIC, PROTECTION, IMPOTENCY, IMMIGRATION, ETC. ENGLISH AND FRENCH SPEAKING.
 QUICK RESULTS
 www.africanmedium.com

Travel & Transportation

MoBound Enterprise LLC
 providing affordable transportation to NYC Jails
 Call 347-490-5077

RESERVE YOUR SPACE
 DEADLINE: two (2) business days prior to publication at noon.
metroclassifieds
866.900.9473

Miscellaneous

IQ TESTED

THE NEW YORK CITY TEST CENTER offers for a limited time, free intelligence and personality tests. Your IQ, personality and aptitude determine your future. Know them. No obligations.

227 West 46th Street - New York City, NY
 Phone: (212) 921-1210
 Open 7 days a week from 9:00 am - 10:00 pm

©2007 CSNY. All Rights Reserved. SCIENTOLOGY and SCIENTOMETRIC are trademarks and service marks owned by Religious Technology Center and are used with its permission

Careers

HIGH SCHOOL DIPLOMA FROM HOME

6-8 weeks accredited
 Get a Diploma! Get a Job!
No computer needed!!
 Call 24/7 for free brochure
1-800-264-8330
www.diplomafromhome.com
 Benjamin Franklin High School

Psychic

SHEIKH SALEEM
917.254.6647
 MYSTICAL AFRICAN MEDIUM & SPIRITUALIST
 SOLVES ALL YOUR ISSUES.
 LOVE SPECIALIST, REUNITE LOVERS, BUSINESS, JOB, COURT, LUCK, BLACK MAGIC, PROTECTION, IMPOTENCY, IMMIGRATION, ETC. ENGLISH AND FRENCH SPEAKING.
 QUICK RESULTS
 www.africanmedium.com

Travel & Transportation

MoBound Enterprise LLC
 providing affordable transportation to NYC Jails
 Call 347-490-5077

RESERVE YOUR SPACE
 DEADLINE: two (2) business days prior to publication at noon.
metroclassifieds
866.900.9473

Legal Notices

NOTICE IS HEREBY GIVEN that a license, Number 1268186 for Restaurant Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail in a Restaurant, under the Alcoholic Beverage Control Law at 2 West 32nd Street, Store # 1, New York, NY 10001 for on-premises consumption. Mandoo Bar Inc.

NOTICE IS HEREBY GIVEN, PURSUANT TO LAW, that the NYC Department of Consumer Affairs will hold a Public Hearing on Wednesday, February 27, 2013 at 2:00 p.m. at 66 John Street, 11th floor, on a petition from Café Mocha Inc. to continue to, maintain, and operate an unenclosed sidewalk café at 116 2nd Avenue in the Borough of Manhattan for a term of two years.

REQUESTS FOR COPIES OF THE PROPOSED REVOCABLE CONSENT AGREEMENT MAY BE ADDRESSED TO: DEPARTMENT OF CONSUMER AFFAIRS, ATTN: FOIL OFFICER, 42 BROADWAY, NEW YORK, NY 10004.

NOTICE IS HEREBY GIVEN that a license, Number Pending for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Cafe under the Alcoholic Beverage Control Law at 118 E. 116th St., New York, NY 10029 for on premises consumption. D'Amore L&R LLC.

Vehicles

Cars

NISSAN MAXIMA 2007
 54,000 MI WHITE, 4 DR, PENNSYLVANIA CAR, \$11,500, OWNER 610-681-5580, TEXT 570-350-5435

SEARCH IT. FIND IT. BUY IT.

metroclassifieds

AT HOME WITH metro



Today's generation of NY landlords and property managers now have a fresh and new way to help them run an efficient and successful business – **LandlordsNY.com**

Members of this free real estate network have unlimited access to a team of experts, a virtual collaboration of their peers, and a plethora of real estate tools, all in one place.

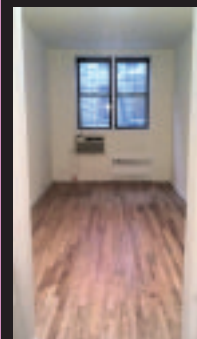
www.LandlordsNY.com

info@landlordsny.com • 855-293-1200

LandlordsNY.com
Networking • Resources • Solutions



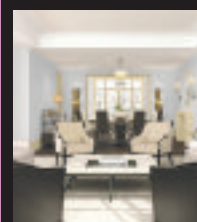
Market watch



CHEAPEST \$235K

203 E. 89th St.

The cheapest unit listed this week is a pre-war studio at 203 E. 89th St. This first-floor co-op is 350 square feet and listed by Charles Rutenberg for \$235,000.



PRICIEST \$50M

135 E. 79th St.

The most expensive apartment listed this week is a condo at 135 E. 79th St. Just east of Park Avenue, this enormous penthouse offers six bedrooms in a brand new building. It's listed by Corcoran for \$50M.

STREET EASY

Streeteasy.com is a New York-based real estate information portal that aggregates the most comprehensive set of sale and rental listings along with other useful info.

at home with metro



NYC renter fatigue?

▶ While the rental market is still strong, experts weigh in on whether New Yorkers have reached a tipping point on prices

There's been a lot of buzz lately about the long-hot Manhattan rental market finally taking a breather from its constant rent increases. Indeed, while the rental market is still up about 5 percent year-over-year, it saw a dip in prices between the third and fourth quarters of 2012.

This month, The Real Deal talked to rental brokers and market analysts to gauge what they're seeing on the ground and what they make of the recent softening.

Gary Malin
President, Citi Habitats
Recent reports show that Manhattan rental prices are now softening slightly. What are you seeing in terms of prices?

Rents have actually in-



▶ Malin



▶ Wagner



▶ Miller

creased by an average of 5 percent year-over-year and are nearly 15 percent higher than they were two years ago. So they still remain at near-record-high levels. It remains to be seen just how much of the recent rent drops are seasonal, versus signs of "renter fatigue" — my term for the point where renters just can't afford to pay the asking prices anymore. If we see continued declines into 2013, it could be a sign of the latter.

Some first-time buyers have been pushed into the sales market because rental prices have gotten so high. What are you seeing on that front?

Our agents have transitioned a lot of rental clients into the sales market. The studio and one-bedroom market on the sales side is currently very active. However, strict lending standards and an uncertain economy mean that many New Yorkers will remain in the city's rental market — by choice or necessity.

Which Manhattan neighborhoods have seen the biggest price drops and inventory increases as part of this rental market softening?

In terms of rent declines across all apartment sizes from November to December of 2012, the biggest drops occurred in Midtown West. When examining vacancy rates for the same period, the largest jump in the number of available apartments occurred on the Upper East Side.

We've reported that many renters are opting out of the pricey Manhattan market and are looking for rentals in Brooklyn and Queens instead. What are you seeing on that front?

Douglas Wagner
Executive director of leasing, Bond New York Properties
What are the most surprising trends you're seeing in the NYC rental market?

Landlords with mid-market apartments in walk-up and mid-rise elevator buildings have spent much of the past year renovating ordinary apartments in order to be competitive with the higher-tier properties. We're seeing some well-designed and highly finished tenement-style apartments pricing like doorman units.

What are the most troubling or worrisome trends?
There are fewer choices than ever for economically limited renters. **What sorts of trends are you expecting to see in the rental market in the coming months?**

We anticipate prices will remain high. Whatever seasonal buildup of inventory we might experience in the first quarter will be absorbed in the second quarter, [and] vacancy rates will remain at crisis levels during 2013.

Quoted

"We're seeing some well designed and highly finished tenement-style apartments pricing like doorman units." WAGNER

During 2012, our firm worked on several new residential buildings in Downtown Brooklyn and in Long Island City and Astoria, Queens. All these developments have performed exceptionally well. Renters can find new luxury rental properties that are trading at a 25 to 30 percent discount to equivalent properties across the river.

Jonathan Miller
President/CEO, Miller Samuel

What are you seeing in terms of renters opting out of Manhattan because it's become too pricey?

We have been seeing this trend evolve over the past year. [But] the difference in median rent for Manhattan and Brooklyn has compressed over the past year as demand rises in Brooklyn. The difference in median rent between Manhattan and Brooklyn for December compared to a year ago went from \$525 to \$513. Not a large change, but it shows how Brooklyn has been rising a bit faster than Manhattan has.

What are the most positive trends you're seeing in the Manhattan rental market today?

A more modest pace of growth is always a positive trend. Anytime you have out-of-control growth that doesn't self-regulate, it always ends badly. Think about the housing boom in the middle of the last decade.

MELISSA DEHNCKE-MCGILL

Therealdeal.com is a daily blog and monthly magazine covering real estate in the New York metro area.

THE REAL DEAL

The Beaches
AFFORDABLE TOWNHOUSES AT FAR ROCKAWAY

**AFFORDABLE TWO-FAMILY HOMES
AVAILABLE FOR AS LOW AS
\$399,000.***

503 & 505 BEACH 21st STREET and 508 & 510 BEACH 22nd STREET
FAR ROCKAWAY, QUEENS, NY 11691

To apply online, go to: www.thebeacheshomes.com

OPEN HOUSE: Sunday, March 3, 2013, 1pm-4pm
Wednesday, March 6, 2013, 12pm-2pm
Sunday, March 10, 2013, 1pm-4pm

Call Roya Amirian: 917-455-0888

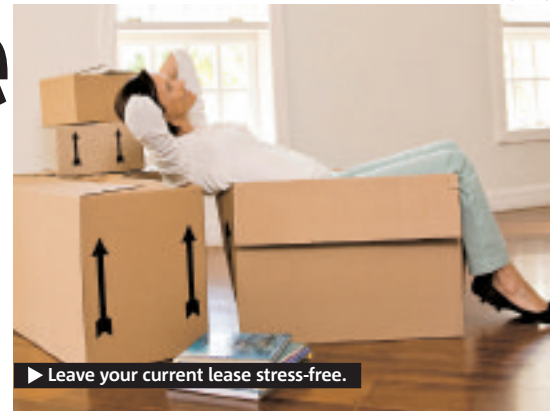
NO BROKERS FEE NO APPLICATION FEE OWNER OCCUPANCY REQUIRED

MICHAEL R. BLOOMBERG, Mayor, The City of New York
Department of Housing Preservation and Development
MATHEW M. WAMBUA, Commissioner
www.nyc.gov/hpd

* For Qualified Buyers



5 Tips to ensure you get your deposit back



► Leave your current lease stress-free.

Renters, don't let your love affair with wallpaper prevent you from getting your hefty security deposit check back at the end of your lease. You have to be smart tenants. Kari Taylor, director of rental insights at Rent.com, gives us the how-to.

Read your lease

"This may seem like common sense, but so many renters miss the specific guidelines laid out by their landlord regarding the return of their deposit," she says. "A list should be made and agreed upon regarding the conditions of the apartment in the lease — before you sign it."

Takes pictures of something other than food and sunsets

"Take some photos of the apartment when you first move in," Taylor suggests. "Make sure they are time- and date-stamped! Then repeat the process on move-out day. This way preexisting damage is documented and the blame cannot fall on you."

Ask before you,

say, paint the

walls red

► "When renting, it is always best to get written permission from your landlord before doing any renovations, changing paint color, etc."

Tidy up

"While you may think you're as clean as a whistle, your landlord may not agree," she says. "It may be worth hiring a cleaning service upon move-out day just to cover all your bases. The \$100 clean-up may save you the aggravation of an argument and security deposit dispute down the line."

Work with your landlord

"There is no guarantee that a landlord will negotiate you breaking your lease, but maybe there is a compromise that can be met. For instance, you could help find a replacement tenant."



Hello, Greene Street!

The renovation is complete and we're moving back in. Come see our beautiful SoHo Studio, and shop the Knoll® Classics Sale February 25–March 3.

OPENING THIS WEEK | DWR SOHO STUDIO

110 Greene St.
212.475.0001

Hours:
Mon–Fri: 10am–7pm
Sat: 11am–7pm
Sun: 12pm–6pm



THE BEST IN MODERN DESIGN

WWW.DWR.COM | 1.800.944.2233 | DWR STUDIOS

Call to request our free catalog. | Download our iPad app.



PHOTODISC

The pet amendment

"Landlords will often bend some of their lease rules for a trustworthy tenant or a special circumstance. If you agree upon an

amendment to the lease (your miniature pooch can stay on the premises) make sure you both sign it and date it and, if at all possible, get the amendment reworked into the paperwork."

● METRO

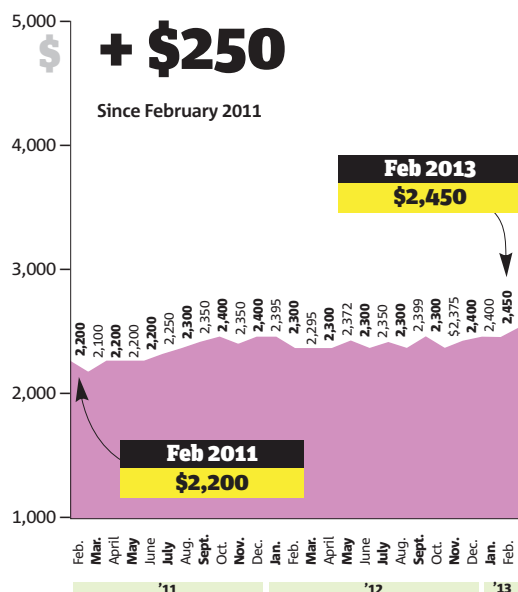
at home with metro

New York City rental index

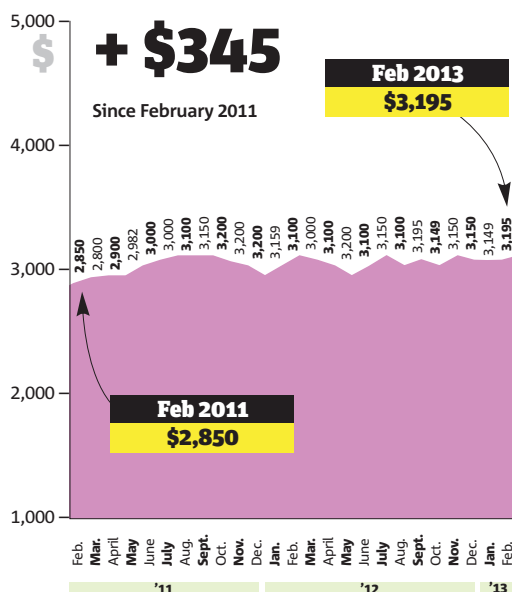
STREET EASY
StreetEasy.com is a New York-based real estate information portal that aggregates the most comprehensive set of sale and rental listings, along with other useful info.

► The city that never sleeps also really doesn't do mortgages ► Know the market before you lease
► Here's a look at what people are shelling out to rent various-sized apartments in Manhattan

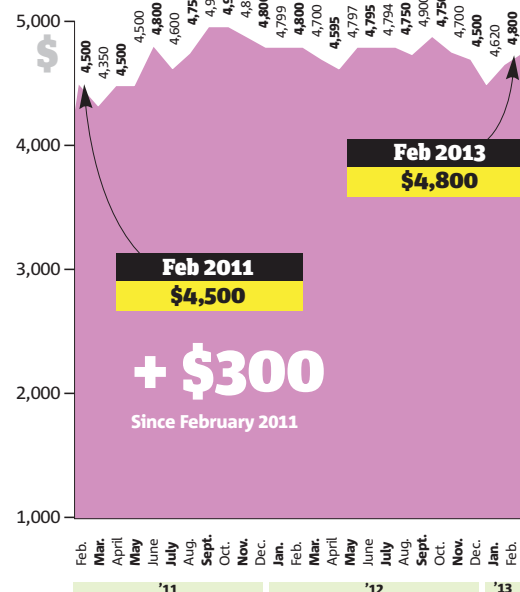
Studio: By median price



One-bedroom: By median price



Two-bedroom: By median price



PARKCHESTER

SPACIOUS LIVING • AFFORDABLE RENT



photo by Ron Glassman

**ELEGANT NEW KITCHENS • GRANITE COUNTERTOPS
NEW APPLIANCES • STAINLESS STEEL FINISHES**

1 & 2 BR RENTAL APARTMENTS START AT \$1100 PER MONTH*

• MACY'S, STARBUCKS, APPLEBEE'S, SUPERMARKETS, blink FITNESS
and MUCH MORE ALL ON-SITE • 24 HR ROVING SECURITY

30 min to Midtown • No Broker Fee • Immediate Occupancy

Open House: Tues & Thur 5:00-7:45pm • Sat 10am-1:45pm

718-412-4695

or apply on line www.parkchesternyc.com

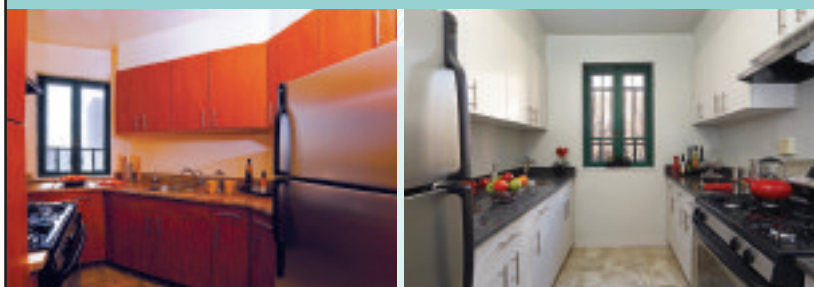
*Apts with traditional kitchens still available starting at \$985



ADVERTISEMENT

PARKCHESTER'S

ONE AND TWO BEDROOM RENTAL APARTMENTS
NOW FEATURE ELEGANT NEW KITCHENS



Parkchester, the unique "village within a city", has long been known for the gracious and classic features of its spacious and affordable rental apartments. Now new tenants are being offered modern kitchens with sleek new European style cabinets in a choice of finishes. Each kitchen has a window as well as granite countertops, new GE appliances and an elegant new stainless steel sink and faucet. The apartments also feature gleaming hardwood parquet floors and windowed bathrooms.

Parkchester's model apartments can be seen during Open Houses held on Saturday from 10 am - 1:45 pm and on Tuesday and Thursday evenings 5:00 pm - 7:45 pm. For directions and to make an appointment for the Open House prospective tenants call **718-432-4695** or apply online at: **www.ParkchesterNYC.com**

No Clipping Required.

ON AVERAGE, AARP MEMBERS ENJOY

\$375* SAVINGS

ON AUTO INSURANCE

when they switch from companies like
GEICO, State Farm and Allstate

Your savings could
be even more!

CALL THE HARTFORD
1-888-382-4965

AARP® | Auto & Home Insurance
Program from
THE HARTFORD

The AARP® Auto Insurance Program from The Hartford.

The only Auto Insurance Program endorsed by AARP.

Saving is easy! Drivers who switch save an average of \$375 in the first year alone — and they get all the benefits and privileges you'd expect with the AARP Auto Insurance Program. (Since drivers 50+ are safer, you don't pay for younger drivers' mistakes.) Homeowners could save even more — an average of \$166!*. That means potential combined savings of \$541! Call now to request a FREE money-saving quote. No coupon necessary.

Call The Hartford Today

1-888-382-4965

Monday-Friday, 7 a.m. to 11 p.m. or
Saturday and Sunday 8 a.m. to 6 p.m. (Eastern Time).

**Or go online to request a quote or find an
authorized agent in your state:
aarp.thehartford.com/news**

Most AARP® members qualify for an immediate phone quote.
Please have your policy handy.

■ **24-hour Claims Service**

■ **Lifetime Renewability†**

■ **Lock in Your Rate for
12 Months, Not Six**

■ **Lifetime Repair and New Car
Replacement Protection**

Not an AARP member?

If you're 50 or over, request a FREE quote and more information today!

AARP®

**Auto & Home Insurance
Program from**



*Savings amounts are based on information from The Hartford's AARP Auto and Home Insurance Program customers who became new auto insurance policyholders or new homeowners insurance policyholders between 7/1/11 and 6/30/12, and provided data regarding their savings and prior carrier. Your savings may vary. Average auto insurance savings for the period was \$375. Average homeowners insurance savings for the period was \$166. Homeowners product is not available in all areas, including the state of Florida.

The AARP Automobile & Homeowners Insurance Program from The Hartford is underwritten by Hartford Fire Insurance Company and its affiliates, One Hartford Plaza, Hartford, CT 06155. CA License #5152. In Washington, the Auto Program is underwritten by Hartford Casualty Insurance Company and the Home Program is underwritten by Trumbull Insurance Company. In Michigan, the Auto and Home programs are underwritten by Trumbull Insurance Company. AARP and its affiliates are not insurers. Paid endorsement. The Hartford pays a royalty fee to AARP for the use of AARP's intellectual property. These fees are used for the general purposes of AARP. AARP membership is required for Program eligibility in most states. Applicants are individually underwritten and some may not qualify. Specific features, credits, and discounts may vary and may not be available in all states in accordance with state filings and applicable law.

† If you are age 50 or older, once you're insured through this Program for at least 60 days, you cannot be refused renewal as long as applicable premiums are paid when due. Also, you and other customary drivers of your vehicles must retain valid licenses, remain physically and mentally capable of operating an automobile, have no convictions for driving while intoxicated and must not have obtained your policy through material misrepresentation. Benefit currently not available in Hawaii, Michigan, New Hampshire and North Carolina.

LandlordsNY.com

Networking • Resources • Solutions •

Connecting Today's Generation of NY Landlords and Property Managers.

LandlordsNY.com is a virtual and free network exclusively for NY landlords and property managers that provide a host of resources to help them run a successful business all while allowing members to connect and learn from each other's experiences and knowledge. Get quick, FREE answers from top legal, financial, and regulatory experts, up to date info on new laws/regulations, find qualified vendors for any product or service, and much more.

Sign up today
It's easy, fast
and FREE!

Follow us on:

